

Day 3 - Tuesday 16th March 2021

Welcome to Day 3. Time flies when you're doing nothing hey...It was a bit of a later rally round to wake up this morning, as I went back to the bad habit last night of laying in bed late watching total shit on TV until around 3.30am. I guess in reality I can, so don't judge me. There must be some advantages of doing Sth African time zone work. I got up so late that I didn't even hear the 7.30am bang of the door for my shitty breakfast - not that this was an issue as i didn't eat it anyway. Even if you do not want any meal, the hotel has told us that W.A Health has mandated that every room must get their meal, even if they specifically state that they don't want a meal - a bit crazy, and totally wasteful.

I received another call from W.A Health not long after waking up to check on my '*mental health and well-being*' Last time when in Quarantine, these calls initially amused me, then simply annoyed me. They are very nice, don't get me wrong, but its a total crock, and a tick box - they ask how you're doing mentally and if there is anything they can do. I haven't played the game here yet, but last time I said to them, '*What can you do if I say I'm not coping and have serious issues?*' and they said not a lot, I would still be stuck in my room, so I really don't see the point. I am sure I will start to amuse myself with these calls as time ticks on...my mental health must be ok currently, or perhaps I'm in a bad way, as I'm not being a sarcastic arsehole to these people (most out of character).

Text Message
Today 08:40

WA Health advises,
Tony's recent COVID-19
test on 15/03/2021 was
NEGATIVE.
If Tony is under any
quarantine direction,
they need to follow
those instructions to
self-quarantine. IF they
are not under a
quarantine direction but
are still unwell, they
should self-isolate until
recovered.

Day 2 test - all clear

I also awake today to an SMS with a negative Covid result from yesterday, so this was a bit disappointing, as I was hoping to be a super spreader and break into W.A media as 'that person'. At least it gives some reassurance in the Sth African Covid testing result, where I was also negative!

I pumped out a few K's on the exercise bike pre lunch, which was surprisingly good - Sushi - before preparing for several work meetings, with 2 on Nigeria and a Yum 1:1 with our 'Market Champion' which was a good crap talk for most of the call, with a little bit of serious stuff thrown in...

Later in the day I had a 4+ hr Global Development Summit call which had an impressive array of speakers with the Yum/ Pizza Hut world including the Global CEO David Gibbs and the Pizza Hut Intl President Vipal Chawla. This is a 2 day summit, so it will be in tomorrows calendar as well. It was actually a very well pulled together session with some great content.



Yum CEO - David Gibbs



Pizza Hut President - Vipal Chawla

After being on calls for most of the night and past midnight, following a shower and a cup of tea, I lay around on the laptop and then all of a sudden it was 2.30am again, so off to pump out some zzzz's.



Day 3 Menus

Day 4 - Wednesday 17th March 2021

Day 4 again looks awesome outside, but only an observation and zero experiential proof....screw these locked up windows. It was around 10am by the time I decided to move my arse out of bed, before going back to lay on my bed again....not much else to do really... sit in a chair, lay on the bed or ride the bike...I did ride the bike for about 15km waiting for some food to arrive. I ordered a Steak Sandwich as the Hotels FB Quarantine group has been bragging about how good

these things are, and they looked pretty good to...so I ordered vs eating the lunch that was delivered...a weird looking rice salad thing...so a smart choice...as you can see, my expectations vs reality where not fully met, but it still tasted awesome....some feedback was given to hotel in an unusually nice way by me, but am yet to get any response...

I had another call from the W.A Health Nurse today, one of the other highlights of quarantine - I'm sure they hate this aspect of their job as I seriously doubt anyone wants to talk to them. Call went something like this:

Nurse- *"Hi it's XX from WA nursing, just checking in with you!"*

Arsehole Me- Ok

Nurse- *"Are you alright, do you have any illness symptoms such as sore throat, runny nose, aches etc?"*

Arsehole Me- No

Nurse - *"Are you feeling alright or do you need anything in general?"*

Me - Fine and No

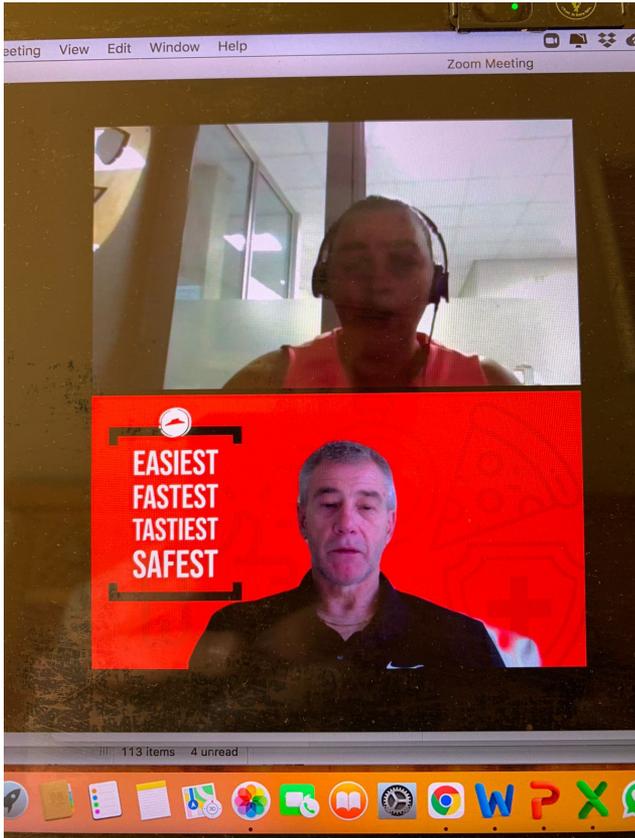
Nurse - *"Please call or contact us on #9 if you need to talk or want or need anything or are not feeling well"*

Me - Ok

Clearly a very concerned State Health Department looking out for the wellbeing of all returned Aussies...

Today is the regular Sth work Wednesday 'all in the office' day back in Sth Africa, so a lot of calls/

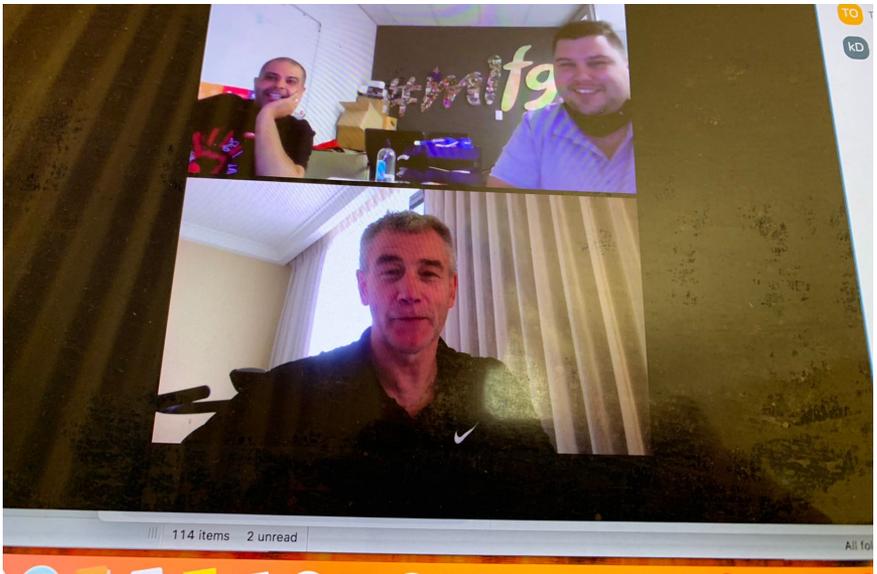
meetings will kick off from 3pm Perth time, with Finance and Ops catch ups and 1:1's and a few other calls before the Development Summit kicks in at 8pm local time.



Zooming with my team - office day

Last night I rode 40km whilst sitting around on the Summit, so I will have a crack at beating that tonight... Its just so hot riding in this room....Im usually knackered after 15 mins and dripping pile of sweat....I

decided to pay around with AC vents and look at some room reorganisation and got the bike into a better spot with some air blowing onto it and jumped on the bike an hour before the calls started....i made the decision to go for a new Quarantine PB tonight, and once the Summit started it has soon clocked up 30+ km, and going well...soon that became 40 then 50, so I toyed with the idea of doing a 109km ride, as I did register before I left Cape Town for the March Virtual Argus, which was cancelled this year due to Covid (like everything else). All you had to do was ride 109 km in March, which I have already done, or do a 109km ride in one go, so I thought I can do it on the exercise bike...



Virtual Ops Meeting (bastards using my office)

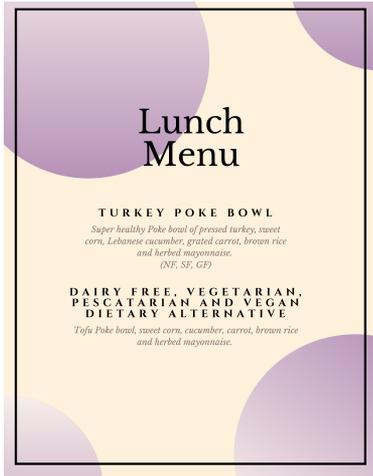
With the Global Development Summit off and running and me peddling away like a man possessed, the virtual Argus was never not going to happen....and with about an hour or so to go before Mtg ended I hit the 100km mark, so a few more little pushes and all was done....109.5km...nailed it...



68.1 miles (109km)

I think I may have a bit of an obsessive behavioural issue, as last lockdown I became obsessed with walking around my room and seeing how many steps i could get and in most cases I got higher and higher each day...the same has thus far happened with this bike...lve got from around 20km, to 30 to 40 and now 109....I'm not too sure that I will be beating this tomorrow...lets see how I pull up tomorrow...but I do

feel a lot better than an actual road ride of that distance...and did it a lot quicker too...I guess having no hills or wind makes a difference!



Lunch Menu

TURKEY POKE BOWL
*Super healthy Poke bowl of pressed turkey, sweet corn, Lebanese cucumber, grated carrot, brown rice and herbed mayonnaise.
(NF, SF, GF)*

DAIRY FREE, VEGETARIAN, PISCATARIAN AND VEGAN DIETARY ALTERNATIVE
Tofu Poke bowl, sweet corn, cucumber, carrot, brown rice and herbed mayonnaise.



DINNER MENU

SALAD
Italian salad of tomato, basil, Spanish onions, spinach and balsamic dressing

MAIN
Baked Shark Bay Reef Fish
Baked Shark Bay reef fish with tomato herb sauce, grilled vegetables served with roast potato.
(NF, GF, DF, PV)

SEAFOOD FREE & VEGETARIAN DIETARY ALTERNATIVE
Vegetarian lasagne

VEGAN DIETARY ALTERNATIVE
Vegan lasagne

DESSERT
Coconut and berry fruit mousse
(NF, SF, GF, VEG, PV)

DAIRY FREE AND VEGAN DESSERT
Vegan lemon curd with toasted coconut

WINE PAIRING - \$50
Singlefile Pinot Noir
A fuller styled pinot with lifted aromas of sour cherries, earthiness and spice. These characters follow through on the palate with a medium weight and textured mouth feel with soft tannins and a long finish



Lunch & Dinner

Day 5 - Thursday 18th March 2021

It was an early start today, up at 7.30am full of excitement for another day in paradise....I was given a free Bacon and Roll for the issue I had with my Steak Sanga yesterday, so again the hotel did well and actually cared about some feedback...then weirdly enough the entire hotel was served bacon and egg rolls for our Q-Meal..so I got 2 - both apparently from the same place...one was awesome (the one they gave me) and the general one was crap (or different - bun/ make up/ sauce etc)...maybe one cheap one not cheap...I only ate my special one anyway...

I woke without any sore legs after my big ride last night, but haven't got on the bike yet. I spent the morning catching up on some work and preparing for a few calls later today. I have a mgt meeting with the Nigerian team and a cross functional call with my guys regarding a draft Franchise Agreement for Shisha Hut which is a bit exciting. I need to prepare for these calls. I also had a good messaging chat with The Warrior (aka Luki) my old KFC and school friend from Bendigo, which was cool to catch up. In addition to this my local 'IT Guy' - (aka Jeremy from Canberra) helped fix my website last night, as this was an old site I haven't used for a few years, and I used it to upload these pages of rubbish, which I did, but then I got bored and started playing around on backend dashboard thinking I was updating and all that stuff, but in actual fact I broke it and could not even get into it anymore...so a quick message to Jeremy, and he solved it, even if I

disrupted his quality night of M.A.F.S (which he told me) and which I had to google to see what it was... what a toss bag for watching shit like that...lost total respect for him now...shit Aussie realty crap...

Anyway, it a morning of work prep, chilling and clean up day as Ive ordered new sheets and towels etc to give myself a freshen up....the sheets are starchy for some reason?

Yesterday I placed a Coles Online order, the main reason being to grab some prawns as I had a craving for them, and Stacey has flown off to Brisbane today for the weekend (getting away before I get released?) so I couldn't ask her to drop off anything for me and it was with both high expectation and excitement that I had the knock at my door around 2pm with my



My only link to the 'outside world' - my doorway

shopping. It was a case of immediately packing away all the crap I bought (just a few snack like chips, Cheezels and some fruit etc) and then shell my kg of prawns and start eating them. I didn't eat my lunch in readiness for this, and the lunch was average anyway, and my prawns where quite good....I even left a few for later...

3pm saw my Zoom's start and unfortunately the first one ran for around 2hrs and I missed the first half of the start to AFL season between Richmond and Carlton. In between Zoom's I also had a chat to dad, as he has something wrong with one of his eyes and can't see, and had gone back to the Dr's - I think he wants to be a Pirate, but he refuses to get a patch - maybe a birthday present idea for June.



1st 2021 AFL game

Later in the evening I had a long message exchange from a long time mate in Canberra - Wayne - who was wanting so desperately to help me out and send me a treat. It took a lot of convincing, but he finally has accepted that I am ok, as I can get my own outside stuff if I either need or want it, but I dont think that was his point, he wanted to do something thoughtful and nice, which was greatly appreciated...he wanted to “surprise” me as he said. When I told him alcohol can’t be brought in from outside, I think he got it...but it’s really nice to have people with kind thoughts like that...so thanks mate..I’ll drink some beers and eat some wings with you when I come to Canberra whilst here!

I ended up fluffing around with work stuff and a bit of mindless TV watching and little 25km on the bike and all of a sudden it was 3am again....so ZZZZ time.



Lunch and Dinner Menus

Day 6 - Friday 19th March 2021

It's getting close to the half way mark and all going pretty cruisy actually. Doing this isn't actually difficult, its just a bit tedious and boring at times, and that when one does silly things, or posts a strange photo or comment to Social media etc and everyone freaks out that you have lost the plot...it takes a bit more than that to lose the plot I reckon.

I am impressed with the vast difference in this hotel vs the Grand Hyatt which I stayed in back in August and their approach to managing the Hotel Quarantine process. The Hyatt had zero guest engagement, and even back in January when Stacey and Josh quarantined in the Novotel (which is over the road from me), they too said there was virtually nothing done to assist and very poor service including rude and aggressive staff on the phone. The Pan Pacific on the other hand, are totally making an effort to make retuning Aussies feel a little bit wanted, if that's the right word.

A few of the small things the hotel has done thus far that makes them stand out vs. the Hyatt include:

- *a welcome snack bag when we arrived late in the evening (9pm) with some fruit, drinks bars etc*
- *check in was highly efficient - virtually you your show passport, get a key and go to your floor.*
- *as you approach your room door to 'lock yourself away', there was another paper bag and a 10Lt bottle of drinking water sitting at the base of the*

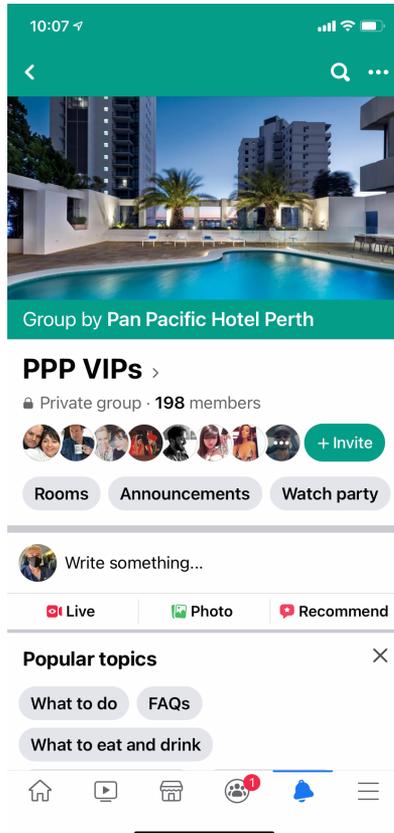
door- the bag was full of cleaning items and toilet paper/ tissue etc.

- welcome information was very detailed - explaining a special Facebook group for us, how to get extra items, food, drinks etc. as well as how to get after hours help etc Their food menu is extensive and has been heavily discounted to make it more affordable for travellers, some of whom I'm sure have faced major hardship over the last year.

- The FB group is highly engaging, and all comments are extremely positive and grateful towards the hotel and the Management, especially Rob. There are daily competitions with 10 or more food delivery prizes (real hotel food vs the bulk meals- (which are not bad, but al a carte is better), daily drinks deals, general information on arrivals/departures/ facilities/ meal planning processes /a daily menu for each meal issued is posted in advance etc...it is a highly social and engaging method of engagement, which takes nothing more than a bit of time to manage - and has tremendous guest benefits.

A real sense of 'community' seems to exist here , even though you don't see anyone, unless there is that weird moment when both you and a nearby room open the door at the same time to grab a meal bag...People are sharing or leaving left over food (ie drinks, fruit containers etc) or passing on puzzles, microwaves etc all to keep 'paying it forward' to others...its actually very nice to see take place...the staff and mgt are highly responsive to any query, and also do whatever

they can to both acknowledge and rectify peoples small issues.



The food is the food - its been one criticism on these quarantine facilities - you will never please all people ever when you are giving one meal option to all guest (excluding vegetarian/ vegan etc guests)...thus far, and it's only Day 5, there have been good and

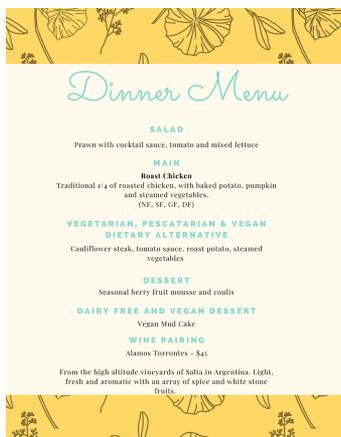
average meals, some strange combinations i.e. rice for lunch and dinner, bacon and egg roll for breakfast, then bacon egg quiche for lunch or salad and meat for breakfast etc, and the additional 'snacky' items are interesting to say the least - they seem more aimed at kids with juice boxes, funny yoghurt/ muesli bars/ tiny teddies etc. These are the items that most rooms seem to be stock piling to give away/ take home for kids etc, and I have almost a full shopping bag after less than a week. I guess a lot of this is dictated to the hotel by W.A Health...and there have been people comment on not wanting a meal, but the hotel as has said they have to give all meals to all rooms according to W.A.Health. If you don't like the meals you can order from several internal hotel restaurants or outside, so it really isn't that bad. So, far these guys are making the best of a bad opportunity for their guests and really having a crack at ding it right!

Tomorrow will see the halfway point in the quarantine, and today is the end of the working week... I'm looking forward to doing not much and getting the opportunity to lay around and chill!

I don't have too many scheduled calls today, so I can catch up on some outstanding little projects and tasks that I have been procrastinating on, which shall be nice. I did get a phone call today, from what I assume is a scammer - Melbourne number on my Aussie mobile, with an automatic computer generated voice stating it was the ATO and my tax file number has been suspended and Press 1 to speak to an

operator. This was where I exited...firstly I was skeptical from the start, secondly a computer generated message, thirdly why would ATO suspend a TFN and fourthly, I'm not a gullible idiot...so i logged it on the ATO scam reporting site. They are pretty good these people. My Australian number is only on when I am here, and even time without fail I usually get a call from Go Daddy trying to do stuff with my web stuff (or so the caller says - but they haven't rang yet, but to have a number hardly on, then soon after it is back online I start getting the crap calls...good on them....

I wrapped up most of my work 'necessities' by around 10pm, and this gave me the chance to watch the replay of the Pies vs Dogs on Fox Footy as Round 1 of the AFL gets underway with a 50,000 strong MCG crowd...great to see and looking forward to a weekend watching a few other games - hopefully the Roos start off the year ok on Sunday...but not a lot of faith at this stage...



Lunch and Dinner today!