



Suite 210 – 1632 Dickson Avenue
Kelowna, BC Canada V1Y 7T2
Telephone : (250) 763-3122
Facsimile : (250) 717-5266
Website: www.QHRtechnologies.com

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NEWS RELEASE

Trading Symbol QHR (TSX-V)

COMMISSIONAIRES OTTAWA CHOOSES QUADRANT HR™

Not for distribution in the United States or through United States wire services

November 8, 2005 (QHR – TSX Venture Exchange) Mr. Al Hildebrandt, President and CEO of the Company, is pleased to report that the Company's wholly owned subsidiary QHR Software Inc. has been awarded a new contract from Commissionaires Ottawa, the largest, most experienced and best-trained security services provider in the National Capital Region and Northern Ontario. They are the mainstay security force at Federal Government buildings, airports, public events and private enterprise. There are 17 Commissionaires divisions across Canada.

The adoption of Quadrant HR™ applications by Commissionaires Ottawa continues to validate the value of the Company's technologies to clients outside the healthcare industry. Mr. Paul A. Guindon, CEO of Commissionaires Ottawa states "*We are very excited about this critical project and have been very impressed with the professionalism of QHR*".

The new contract will provide over \$300,000 in new revenue for the Company. Implementation will commence immediately and there are no special resources or additional product development required to fulfill this contract. It covers the delivery and use of the Company's human resource administration and staff scheduling modules featured in its proprietary Quadrant HR™ software. Included in the contract is an option to acquire and implement the payroll modules that would complete the fully integrated functionality of Quadrant HR™ for this client.

This is the second of several new contracts that are nearing completion in 2005. The Company is currently finalizing contractual arrangements with several organizations in Western Canada, Ontario and the Maritimes. QHR will continue to announce the impact of new contracts in the near future.

For a more complete business and financial profile of the Company, management encourages interested parties to visit the Company's website, www.QHRtechnologies.com.

This news release may contain opinions and forward-looking statements that reflect the Company's current expectations, forecasts and assumptions. These may involve risks and uncertainties that could cause actual future results to be materially different. Investors are cautioned against placing undue reliance on forward-looking statements. The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.

On behalf of the Board of Directors

Al Hildebrandt
President & Chief Executive Officer

For further information, please contact:

Al Hildebrandt – CEO – at (250) 979-1701
ahildebrandt@QHRtechnologies.com

or

Jerry Diener – CFO – at (250) 979-1715
jdiener@QHRtechnologies.com

Investor Relations – Tangent Management Corporation - Toll Free: 1-866-345-0115

Email: info@tangentmanagementcorp.com