

# THE PARAGONIAN

March 2023



Proudly Canadian



## Who's Who

How well do you know the members of our Service and Support Teams? The top includes childhood photos, can you match them with their current images below. You will receive one entry for every 5 correct responses (i.e. 5-9 correct = 1, 10-14 = 2, 15 = 3).

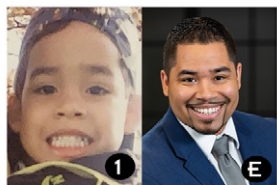
Email your answers to [newsletter@pplguard.com](mailto:newsletter@pplguard.com) by March 8th for a chance to win \$100, including your name and employee number.

Thank you for participating in last month's Riddles – the correct answers were A Deck of Cards, The Moon, and Chocolate

Congratulations to our winner: Abdul Noor



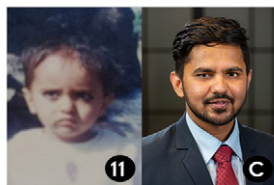
# Who's who



Jason Odle



Mandeep Gill



Prince Yadav



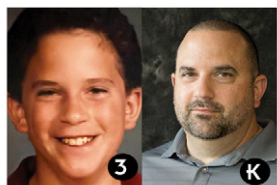
Alisha Khan Dcruz



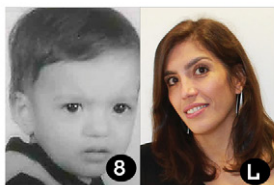
Manjot Ghuman



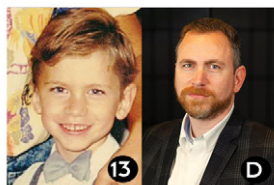
Ramesh Vaithylingam



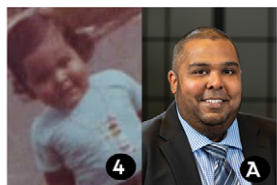
Brett MacNeill



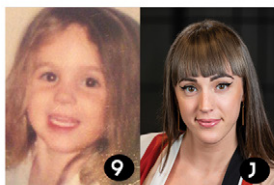
Maryam Ozah



Robert Bartlett



Alhassan Mohammed



Nancy Kovacs



Samantha Shanmorgan



Kersten Black



Nithulsha Vijayaratham



Sathliya Gugathasan



# Spring Forward!

Daylight Saving Time begins on March 12th.



When Daylight Saving Time starts, people wake one hour earlier than normal, begin and complete daily work routines earlier, and have an extra hour of daylight at the end of the workday. This also means that there will be one less hour of daylight at the start of each workday and the time change may cause an abrupt adjustment to waking, driving, or starting work in the dark.

Be patient and allow yourself time to adjust.

- When clocks spring forward this may cause workers to be late to work. Stay calm to avoid feeling rushed.
- Work Safe. Spend extra time evaluating each work task carefully.
- Understand that other people may not adjust the same way. If you observe another worker fatigued, stressed, or anxious encourage them to take a break.

Workplace injuries increase when workers' reaction time and awareness are decreased from being fatigued. Adjust your sleep with the upcoming time change to help your body sync with the time difference. Consider gradually adjusting your sleep schedule in the days leading up to the time change, by going to bed 10-15 minutes earlier every night your body has more time to adjust. Taking the time to prepare yourself mentally and physically before the time change will reduce your feelings of stress and fatigue. Encourage your family to do the same.

For a while after daylight saving time starts, the morning hours may be darker which could affect your drive to school or work. As you and other drivers on the road are adjusting to the darker morning conditions, take extra care.



### Alan Hayward Memorial Award presented to Saad Al-Azzawi

For those that don't know, the Alan Hayward Memorial Award was launched in 2020 by Paragon Security to honor the late Alan Hayward. Alan was the Manager of Security at Mohawk College for many years before his retirement in 2016. This annual reward is presented to a Security Guard working at Mohawk College who has displayed Exceptional Service during the year. The name of the recipient is added to the Memorial Award, which is on display in the security office at the Fennell campus.

The Alan Hayward Memorial Award for 2022 was presented to Security Guard Saad Al-Azzawi, for his exceptional work as a patrol guard at the Stoney Creek Campus.

S/G Al-Azzawi has demonstrated exceptional customer service skills and leadership through the relationships he built with students and employees at the Stoney Creek Campus and his continued dependability as a team member.

Please join us in congratulating S/G Al-Azzawi on this great honour.

Photo: Catherine O'Donnell (client – Mohawk College), Saad Al-Azzawi, Antony Shuster (Client Service Director)



**Responding like a true professional**  
**Kemar Bailey**

Recently there was a downtown wide power outage on a Saturday that affected Control Center Supervisor Kemar Bailey's site.

Only CCS Bailey and a Building Operator were onsite to manage the entire complex, from tenant complaints to assisting the building operator with tasks.

It was pure chaos; however, CCS Bailey's team praised him for his calm and professionalism in dealing with the situation. CCS Bailey managed a fairly new team of guards, ensuring to maximize their presence for nearly 2 hours before Building Management and staff were able to arrive onsite to begin remedying the outage.

We would like to show our appreciation to CCS Bailey for going above and beyond. It's employees like him that have given Paragon its standing with clients, as a reliable service provider.





## Helping others **Anthony O'Brien**

Anthony O'Brien – Site Supervisor of 525 University Avenue was contacted by a tenant regarding a mentally ill individual in the lobby of the building, holding three laptops in his hand and in unusual attire (no shirt, but a lab coat and pants).

Upon investigating, it was determined that the individual had been a patient at a neighboring hospital – he still had a hospital wrist band on at the time. When S/S O'Brien approached the individual while maintaining a safe distance, it was very apparent that he was not going to be compliant.

The individual attempted to physically assault S/S O'Brien, however S/S O'Brien dodged the attacks and escorted him off site.

After placing a 911 call, the individual was later apprehended by Toronto Police southbound on University near King Street.

S/S O'Brien used his training to the full extent, by attempting to de-escalate the situation and ensure personal safety as well as the safety of others was observed.

On behalf of Paragon Security Management we applaud S/S O'Brien's efforts that day.