

THE PARAGONIAN

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Proudly Canadian



Paragon Security Celebrates Excellence

It was a morning filled with pride, gratitude, and heartfelt applause as Paragon Security hosted its first Award Gala, bringing together employees, leadership, and special guests to honor the people who show the company's values of integrity, professionalism, and dedication.

For nearly five decades, Paragon's success has been built on the strength of its people, the guards, supervisors, and leaders who protect and serve communities with commitment and care. The Gala shone a well-deserved spotlight on those individuals whose work and loyalty continue to define Paragon's legacy.

Honoring 30-Year Tenure Guards

The ceremony began with a moving tribute to our guards with over 30 years of service excellence. Individuals whose tenure represents the foundation of Paragon's success. Their unwavering professionalism and mentorship have shaped the standards of excellence that continue to guide the company.

Honorees included: Bruno Ventrice, John Urban, Thomas Vaillancourt, Paul Foley, Joseph Douglas, Kathirgamathamby Thuraisingam, Vijay Tyagi, Mark Lee, Mohd Azimi, Guida Lia, Alexander Goldberger, Tariq-ul Mohammad Alam, Daniel Gonta, and Anwar Shadi-Lall-Nathaniel.

Each received a Certificate of Appreciation, a testament to their enduring loyalty and impact.

The event concluded with refreshments and camaraderie, as colleagues celebrated achievements and shared stories of dedication.

Congratulations once again to all our honorees. Your commitment and excellence continue to make Paragon Security a leader in the industry, and a family we are all proud to be part of.



ence at First Annual Award Gala

Celebrating Excellence: 2025 Award Recipients

We also celebrated four special awards recognizing individuals who have gone above and beyond in service, leadership, and heroism.



Customer Service Award

Heidy Cartagena Milla

A valued member of Paragon since 2005, Heidy's professionalism and warmth at 77 City Centre Drive have made her a trusted and respected presence. Her compassion and integrity exemplify the true spirit of service.



LifeSaver Award

Christopher Zamrykut

As a Patrol Supervisor in our Condo Division, Christopher's quick thinking and calm leadership directly contributed to saving a life. His courage and professionalism embody the highest standards of our industry.



Security Guard of the Year

Ashley Lester May

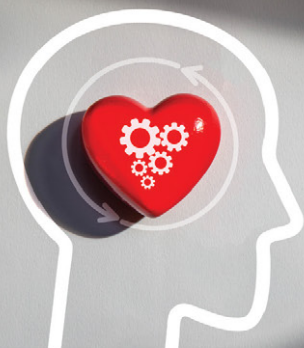
With 18 years of dedicated service, Ashley continues to set the bar high at 3300 Bloor Street. His vigilance, reliability, and proactive approach have earned him the trust of clients and colleagues.



Security Supervisor of the Year

Ramandeep Kaur

Leading with empathy and strength at The Beverly Hills Condominiums, Ramandeep has built a culture of growth and excellence. Her mentorship and leadership continue to inspire those around her.



Emotional Intelligence

At Paragon, professionalism is about more than wearing a uniform. It's about how we show up for others every day. Whether interacting with clients, the public, or our colleagues, empathy and emotional intelligence are the skills that help us build understanding and trust.

In security, no two days are the same. Recognizing how emotions influence behavior helps us stay calm, think clearly, and communicate effectively. Through our ongoing partnership with the Centre for Addiction and Mental Health (CAMH) and our internal wellness initiatives, Paragon continues to focus on developing these important skills. Emotional intelligence is not about being soft; it is about being aware, adaptable, and confident under pressure; qualities that define true leadership.

Putting Emotional Intelligence into Practice

Here are a few simple ways to apply it in your day-to-day work:

- Take a moment before responding in a tense situation. A short pause helps you stay in control of your tone and decisions.
- Listen fully to what others are saying instead of thinking about how to respond. People feel respected when they are heard.
- Notice your own emotions and the emotions of others. Awareness helps you respond with understanding rather than react impulsively.
- Stay composed under pressure. When you remain calm, others tend to follow your lead.
- Treat every interaction with respect and patience. Small acts of courtesy leave a lasting impression.

By strengthening these habits, we not only build stronger relationships with our clients but also support a healthier and more positive workplace.

This November, let's remember that empathy is one of the most effective tools we have. When we lead with understanding, we don't just protect people, we help them feel safe.



Stay Healthy This Winter: Tips for Security Professionals

As the temperature drops, staying healthy becomes just as important as staying vigilant on duty. Long hours outdoors, cold weather, and shifting schedules can take a toll on your body — but a few smart habits can help you stay strong all season long.

Layer Up Smartly

Wear thermal layers that trap heat but allow for movement, ensure to wear matching colours under your uniform so that they do not show through. Waterproof outerwear and insulated gloves help protect against wind chill, while breathable fabrics prevent overheating during active patrols.

Fuel Your Body Right

Winter cravings for comfort food are real, but balanced meals make all the difference. Choose warm, nutrient-rich options like soups, lean proteins, and vegetables. Keep a reusable water bottle handy — hydration matters even when it's cold.

Prioritize Rest

Night shifts and unpredictable schedules can make sleep tricky. Try to stick to a consistent rest routine and use blackout curtains or sleep masks when catching up during daylight hours.

Boost Immunity

A strong immune system keeps you on your feet. Regular exercise, vitamin-rich foods (especially C and D), and staying up to date with vaccines can help you avoid seasonal sickness.

Protect Your Mind, Too

Shorter days and cold weather can affect mood and motivation. Take short breaks, stretch, and check in with teammates - a few minutes of connection can go a long way. At Paragon, we care about your health as much as your performance. Stay warm, stay alert, and take care of yourself this winter!

Mini Sudoku

The object is to fill all empty squares so that each letter appears exactly once in each row, column and 2x3 box. To enter this draw, please advise which line contains the word "PARAGON".

Submit your answer, name and employee number by November 26th for your chance to win the \$100 prize draw: newsletter@pplguard.com

	P	A	A		G	
N			A	R		
G	O		A			R
P			A			
		P	A		N	G
			A			

Congratulations to last month's winner

MOSES KAWEMBA

Solution for October:

- The Hallowe'en Costume was a GHOST
- The three letters were PPL

*Sorry for the typo in the word list, it should have been "SPRAY" not "NIGHT"

*Any submission that showed "GHOST" was accepted for entry into the draw

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