

A-WAY EXPRESSIONS

A NEWSLETTER FOR THE CUSTOMERS, MEMBERS AND FRIENDS OF A-WAY EXPRESS

A-WAY EXPRESS COURIER • 2168 Danforth Ave. Toronto M4C 1K3 • Tel: 416-424-2266 • Fax: 416-424-4528 • www.awaycourier.ca • Fall 2013

Employing people with mental health challenges since 1987

A-WAY'S AGM - MUCH MORE THAN JUST ANOTHER MEETING

On October 23rd, 2013 we celebrated 26 years in the business of employing survivors of mental health challenges. Every year the AGM is anticipated for its all-inclusive spirit as we continue to thrive.

This year was the first AGM at A-Way for our Executive Director, Meredith Cochrane. It was an informative and joyful evening. One of the many things that she has introduced in her time so far is celebrating those employees who have taken steps beyond A-Way to enrich their lives with either work or schooling. Honouring success and forward motion was refreshing, and survivors appreciated having their achievements underscored and applauded... many times with a look of surprise.



Frederick Harrison
receiving his art award

This year we added an art exhibit to the event, organized by staff member Doug Quinn. Artists were staff or associates and selected works were given as awards to those who had moved on to another job or to attend school.

We were pleased to see many former staff as we encourage those who have left to remain connected. Leaving A-Way is not closing the door.



Joe Bruneau
With artwork award
by Stephanie Lafratta



Doug Quinn
Courier, Tech Support &
Courier Rep



Hazel Gardner and Jim Ward
Courier Rep and Board Member



Florence Heung
Courier



Linda Gomes and Jim Priestman
Honoured for serving on
the A-Way Board of Directors



MPP Michael Prue
He comes every year
and makes the best speech



David Clifford
Assistant Deputy Minister,
Ontario Ministry of Economic
Development & Innovation



Stephanie Lafratta and Pat Bird
Staff and artist, and former staff member



Meredith Cochrane
Executive Director of A-Way

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A-WAY'S FIRST ART SHOW

by Doug Quinn

A-Way held an art show on October 23, 2013 at the Mennonite Church at 2174 Danforth Avenue. This was the same date and location as our 2013 AGM, and attendees enjoyed viewing the artwork before and after the meeting.

Artwork by A-Way employees and family/friends was featured, including paintings, sculptures, drawings, and photography.

This show was one of a series of art shows being organized and supported by A-Way and Accent on Ability. DeSerres provided a generous donation of artists' supplies for the participants.

We plan to display a small selection of samples over the coming weeks on our website at www.awaycourier.ca, and look there also for information about an upcoming exhibit.



Shamed Femininity
by Stephanie Lafratta



Richard Wu
Board Treasurer
entertained us beautifully on the piano



INTRODUCING A-WAY'S NEWEST CUSTOMERS...

An A-Way account was opened by the following individuals and organisations since the Summer edition of Impressions in June:

GreenTO www.greento.com The original Green REALTOR® Greene Planet Greg Greene Younique Genomics www.youniquegenomics.ca Genetics and medicine dedicated to the healthcare sector James McNally Vector Professional Services www.vectorprofessionals.com Accounting, bookkeeping, tax planning, consulting Ecostems www.ecostems.ca Environmentally and socially sustainable flower shop. One Thousand and One Productions www.onethousandandone.ca Filmmakers - develop, produce and consult Documentary Organization of Canada www.docorg.ca/en DOC is the collective voice of the independent Canadian documentary Indspire <https://indspire.ca> A national charity dedicated to Indigenous youth IAMAT www.iamat.org Make the world a healthier place to travel. Paperny Entertainment www.papernyentertainment.com Producing compelling non-fiction television The Red Pin.com Realty Inc www.theredpin.com A hybrid of high tech and real estate Paul Aucoin Loop Media www.loopmedia.com Brand design and full service studio Dr. Lesley David www.implantsurgicalcare.com An oral and maxillofacial surgeon Premier Matrix Realty Ltd. www.premiermatrixrealty.com Toronto condo real estate Anthony Trask Graphic Studio Graphic and Lettering Art Eden Community Homes www.edencommunityhomes.org A supportive housing agency Dominion Translation Inc. dominiontranslation.com Translation in 129 languages. CAMH www.camh.ca Mental health and addiction teaching and research centre Atkinson Foundation www.atkinsonfoundation.ca Initiates action to improve wellbeing of Ontarians Penguin Perspective www.penguinperspective.com Produce short films on important ideas South Asian Visual Arts Centre www.savac.net Contemporary art by South Asian artists Eco Chartreuse www.ecochartreuse.com Integrated marketing design company C.S.F. Property Management White Ribbon Campaign www.whiteribbon.com Organized by men working to end men's violence against women. Anish Taneja Render Life www.renderlife.com Our goal is to make 3D art the most viable option across a range of creative activities. The Lettering Shop www.letteringshop.ca Quality display graphics and signs. Global Diagnostics www.lifescall.com Life coaching



Jim Toudy
Courier and Breakfast Club Coordinator
receiving his 10 year plaque

SPOTLIGHT ON:

LEE JENKINS

Our nature as humans will lead us to things that bring comfort, and in Lee's fortunate case that would be to horses. (Which reminds me of a joke, but I'll let Lee tell the jokes.) As a young boy his family owned a farm called "Walkabout" and they also belonged to the Eglinton Hunt Club. His memories of jumping fences with the hounds in the lead would be the first of many relationships with horses, and today he continues to work with them as a volunteer. The Community Association for Riding for the Disabled provides riding experiences for disabled children, and Lee volunteers there once a week. Sweet.

He gave me a page he'd typed of his jobs over the years and said "There, that's who I am. Life is a self-evident truth and I am the sum total of what I've done." Frankly I don't buy that, but who was I to argue. I was interested in his story. Or, I should say stories.

As a boy he got his first job delivering the Toronto Telegram. Later in his teens his father took a leave from working as an orthodontist and the family went to Queensland Australia. There he had an uncle with a station (ranch) and this led him into jackaroo (apprentice) work for the next few years. He was working with horses being used for herding cattle and was essentially a cowboy. He worked with over one hundred horses and at least a thousand cattle. He considered participating in a system that Australia offered to acquire land. It involved a lottery and a lease for 99 years. But he was young, and not well enough coached or motivated at the time to take it on. After a few years he came back to Canada and enrolled in journalism at Ryerson Polytechnical Institute.

While a student he was sent to Belgium through a summer work program and he stopped in London to visit another uncle's riding stable that was in downtown London. This stable became a model for his own business back in Pickering a few years later.

In Canada at 21 and freshly graduated, he got a job at the North York Mirror reporting sports. His next job was at the Scarborough Herald as a photographer/reporter. But journalism would prove to hold a fleeting interest, as sports reporting wasn't bringing out the best in this cowboy. Eventually he was able to open his own stable.

One afternoon a woman arrived at his stable looking for

a horse to ride. Meeting her would change the course of Lee's life. She took well to horses and also to Lee and they were soon married. They worked together and were building a life, training horses and running the stable. Within 5 years she was even competing in dressage. But walking across the field on the morning of a competition she was struck and killed by lightning.

Lee fell apart for some time. He found physical work to help him through. It helped him survive. The work was stacking bales of hay and later assembly work in a factory. He didn't mind the work with its repeated motion, and the comfort of predictability.

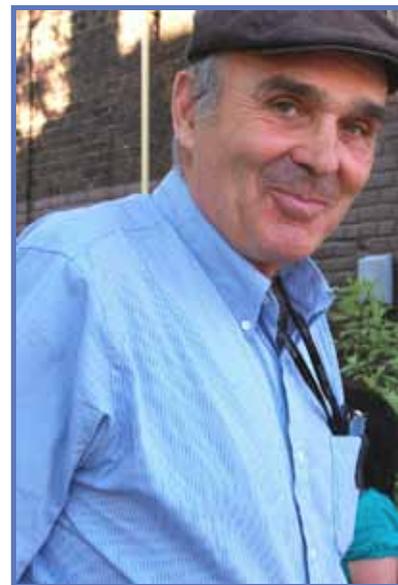
After his wife died a friend recommended that he keep himself busy. He's made it a point to keep busy ever since. He worked in stables in Oshawa, Uxbridge, Sutton, Gormley and Thornhill. He clocked thousands of hours as a volunteer, with small business owners who were struggling, as well as with large organisations like CAMH, PARC and the Salvation Army. And, he wrote a book.

The environmentalist in Lee led him to help with Save the Rouge Valley Foundation, and he canvassed for Pollution Probe on commission in Toronto for several years. He may have knocked on your door one evening.

Lee is one of A-Way staff featured in a video that you can see on our website. In it he reveals his psychiatric diagnosis and I asked him what his opinion is of that defining label. He is inclined to disagree with it. He famously (here at A-Way) has political opinions and he articulates critical commentary with passion. He reminds me sometimes of the maxim: "Just because you're paranoid doesn't mean they aren't out to get you."

To see Lee speak in his own words go to our website at: www.awaycourier.ca and go to the OUR VIDEO tab.

by Maureen O'Donnell

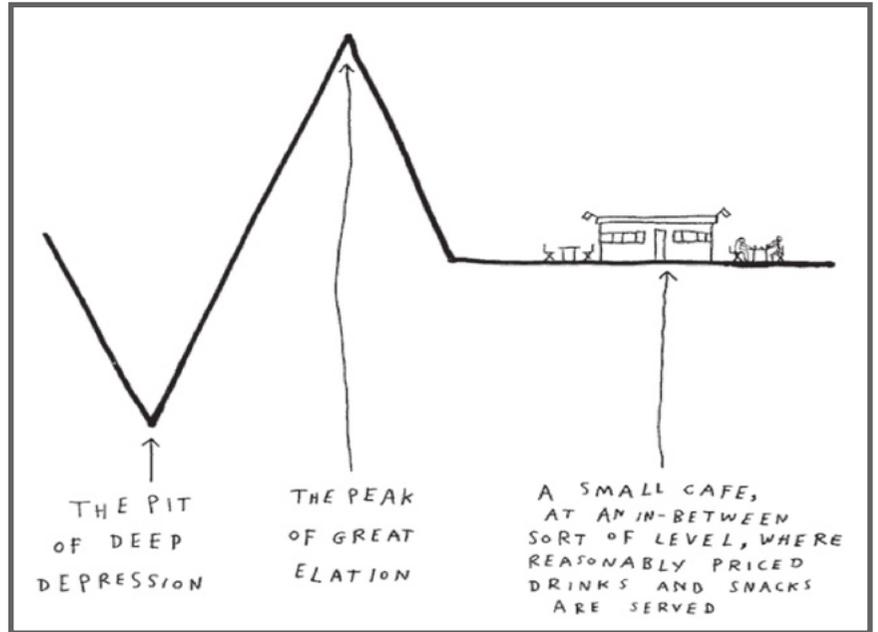


You and Me

by Debbie Sesula

If you're overly excited
You're happy
If I'm overly excited
I'm manic.
If you imagine the phone ringing
You're stressed out
If I imagine the phone ringing
I'm psychotic.
If you're crying and sleeping all day
You're sad and need time out
If I'm crying and sleeping all day
I'm depressed and need to get up.
If you're afraid to leave your house at night
You're cautious
If I'm afraid to leave my house at night
I'm paranoid.
If you speak your mind and express your opinions
You're assertive
If I speak my mind and express my opinions
I'm aggressive.
If you don't like something and mention it
You're being honest
If I don't like something and mention it
I'm being difficult.
If you get angry
You're considered upset
If I get angry
I'm considered dangerous.
If you over-react to something
You're sensitive
If I over-react to something
I'm out of control.
If you don't want to be around others
You're taking care of yourself and relaxing
If I don't want to be around others
I'm isolating myself and avoiding.
If you talk to strangers
You're being friendly
If I talk to strangers
I'm being inappropriate.

For all of the above you're not told to take a pill
or are hospitalized,
but I am!



NOTICE TO A-WAY CUSTOMERS

We are pleased to announce that the Accounting Department is now accepting payment by Mastercard and Visa in addition to direct deposit, cash and cheque. Please call the office if you would like to change your method of payment.

416-424-2266



Willy wasn't invited to the AGM



On the road to recovery

A-Way is a member of:

