

# A-WAY EXPRESSIONS

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

A-Way Express Courier Service • 2168 Danforth Ave. Toronto M4C 1K3 • 416-424-2266 • www.awaycourier.ca • Spring 2011

## REBIRTH by Roman Rakus

Fiery red geraniums  
Blue chickory -  
billow  
in  
the  
wind...

and the sun  
warms  
the  
grasses

and  
lies down  
to  
wait  
for  
REDEMPTION...

The lion of winter  
has roared  
Spring's  
lark  
has  
flown

Time is a raven  
lost  
in  
a  
forest  
of  
spruce trees

Children play  
as  
summer  
hides...

The moon  
has  
fallen  
asleep  
while  
the sun  
frolics.

Red poppies  
shimmer -  
the  
polka  
of  
the  
newly born

Dandelions  
blow  
kisses  
in  
the  
wind

Red Roses  
set  
the ground  
afame

Marigolds  
leap  
like -  
frogs  
in  
the  
mud

Green and Red and  
Orange  
and  
Blue -  
Colours  
of  
the  
Rainbow

overhang  
like  
a  
cliff -

Freedom in the  
Valley of the gods.

Life is staging  
a  
show

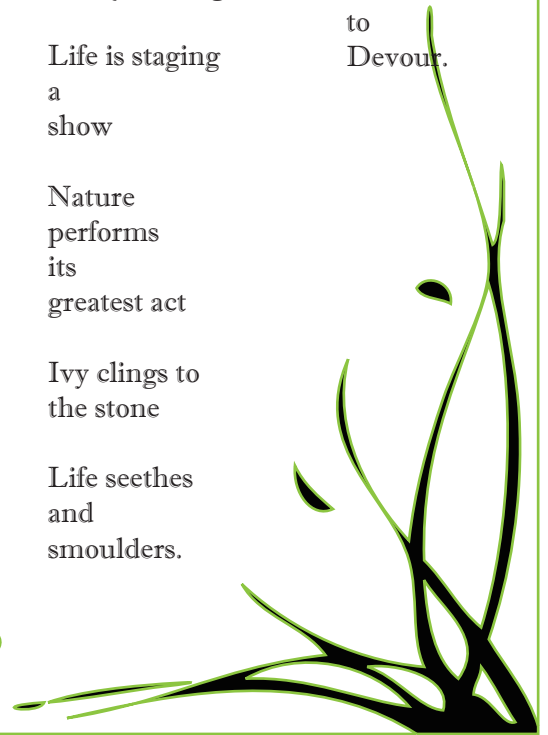
Nature  
performs  
its  
greatest act

Ivy clings to  
the stone

Life seethes  
and  
smoulders.

The feast  
is  
about  
to  
begin.

It is time  
to  
Devour.



In this issue..... Mad Pride in July, CONTEST Rules, Accent on Ability AGM on page 2, Spotlight on Richie page 3, Breakfast Club, Farewell to a comrade, and SPEN on page 4



## Mad Pride in July

One in five people are affected by mental health challenges. Mad Pride's aim is "to educate, raise awareness, diffuse the power of stigma, and enjoy our many colours." There is a Call For Submissions with a deadline of June 1st, so send your ideas to: [maureen@awaycourier.ca](mailto:maureen@awaycourier.ca).

So far we've got:

**Thursday July 14th:** Friendly Spike Theatre production portraying the experiences of psychiatric patients who built the wall around what is now CAMH at Queen and Shaw.

**Friday July 15th:** Community BBQ at Queen and Dufferin

**Saturday July 16th:** Bed Push from Shaw to PARC along Queen Street. What is now an international event was started in Toronto as a symbol for getting out of a mental institute. It's one fun parade!



CONTEST

We all know what Elvis's favourite sandwich was, but what's yours?  
Send us your best recipe and Win!! email [maureen@awaycourier.ca](mailto:maureen@awaycourier.ca)

## Call for New Board Members



ACCENT ON ABILITY TO HOLD AGM, SEPTEMBER 14TH, 2011

Most of you will be familiar with the non-profit organization, Accent on Ability. It was created over ten years ago to provide support to consumer/survivor initiatives. Over that period the organization has supported the following kinds of initiatives:

- The development of a community kitchen initiative aimed specifically at the needs of low-income psychiatric survivors.
- The funding of scholarships that make college and university level courses accessible.
- The provision of wilderness camping opportunities.
- Support to community initiatives involved in the annual Toronto Mad Pride Week activities.
- Funding for the purchase of winter clothing for A-WAY Couriers.

Accent on Ability is looking for people interested in serving on its Board of Directors. If you are interested, please let Stephanie Lafratta know and/or call Jim Ward at 416-463-1661.

Also mark the date of the AGM in your calendars. We would love to see you there. We will provide refreshments and you can hear about the work that Accent on Ability has been doing. You can also be involved in the voting for new board members or running for the board yourself.

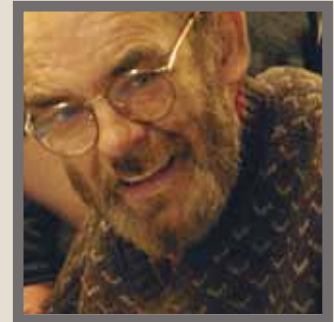
## *Staff SPOTLIGHT ON....*

My name is Richard Murray Smith and I am an employee of A-Way Express. I was a founding member of A-Way and I was on the Applause Board for 8 years. At the end of May I will be starting my 25<sup>th</sup> year at A-Way. I worked hard and after 7 years I started to work part-time in the office. In 2007 I won the Courage to Come Back Award.

When I first was hospitalized for mental illness it was because I was tempted by the Devil. Of course he has no power over me and he or it never will. At the time I was working for a summer at an electrical wholesale store. I was very young, 18 or 19 years old. I had just finished first year at York University. I believe that if I had gone back to school I would have been able to get my degree in social work or whatever, but I never did.

You don't end up in a psychiatric hospital for playing tiddily winks, but you know for all the hassles I've been through I would not change a thing. In my imperfection I have never forgotten where I come from and what God has done for me.

If you look at my past I haven't changed. I still like women more than men. I like to rock on and can still sing. Even though you may not know it I have come to help. I can act, and I recorded a record. I always made music. As The Moody Blues say "I'm just the singer in a rock'n roll band. But you know when I look at my life I realize I've been blessed just like all the rest." You know without friends you can't survive and without having love for other people you cannot survive. I have the feeling that the same spirit who gave us Jesus will return and give us all the love to survive the great tribulation.



*Richard Smith  
Manager of Covert Document Destruction  
a.k.a. Admin Clerk*

So remember if someone tries to do evil to you remember you will overcome in the end.

by Richard Smith



## A-Way Breakfast Club Launch !!!!

Our couriers consume calories pretty quickly, pounding the pavement to make deliveries. Now an extra boost of energy is available each Tuesday morning from our own kitchen here at A-Way! Our Breakfast Club Team prepare up to 50 nutritious breakfast sandwiches and snacks as of 8:00 a.m.



~

### ***DID YOU KNOW...***

\* Stress is the biggest life issue that students say affects their studies, according to a 2009 Canadian poll. Yet since starting college or university over 70 percent of students have not considered talking to a counselor to help them deal with stress or other emotional issues.

\* Stigma causes an individual to be mentally classified by others in an undesirable, rejected stereotype rather than in an accepted, normal one, and is usually associated with disgrace.

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### **A great way to shop!**

The Social Purpose Enterprise Network (SPEN) has been meeting since 2006 to share support in providing meaningful work for the marginalized of our society. There are many barriers to full-time employment for those living with a challenge, but these organizations provide a supportive environment for all to succeed. And they offer products and services worthy of any consumer's attention. Take a look at the website and see if you might just be in the market for something... <http://www.spentoronto.ca>.

~

### *A sad farewell.....*



ERIC ROSEN 1978-2011  
REST IN PEACE



"It has never been very easy for me to start working somewhere new because of how very shy I am. Eric helped me feel very welcome at A-Way. He was friendly and had such a great sense of humour. He brought smiles to our faces. Things just aren't the same without him at A-Way. He will be missed and never forgotten."

Mike Moniz