

by Rosemarie Gelineau

As we celebrate our 24th year of operation, we have so many reasons to be proud and grateful. A-Way Express' enduring success as a pioneer in the consumer-survivor arena continues to garner attention and accolades in Canada and across the globe. Being dubbed a "role model" or "an inspiration" is both gratifying and humbling. Our Executive Director, Laurie Hall has been invited from places as far as Japan to talk about the model success and many virtues of A-Way Express.

Acknowledging our employees and our customers is a given, but there are many other unspoken heroes that have a direct and tangible effect on this organization and our employee morale. I am speaking of our many friends, supporters and donors. Through the impassioned work of our regular Employee Resource Assistant, Michele MacAulay, A-Way continues to be the recipient of many generous gifts, including: clothing, food, tickets for sporting events, gift certificates, personal items, books and other household and decorative items. These gifts are distributed at our various events, including our Anniversary BBQ, AGM, Christmas party and even our monthly staff meetings.



Eric can stop at Tim's more often

With most part-time staff members and couriers living on a disability allowance, their meagre income cannot support the necessities of life, not to mention luxuries such as social outings, a night out at the movies or even a casual dinner. Often, new clothes are also out of reach and the resulting feelings of exclusion, shame and loneliness only exacerbate their sense of marginalization and their mental health challenges. This "cycle of poverty" is not simply an over-used academic term; it is reality for many of us. Therefore, a \$20.00

gift certificate for breakfast in the Beaches (for example), is not only meeting a real physical need, it is helping to infuse a sense of belonging, normality and community. Those deeds that may be viewed as small contributions can, in fact have a profound effect.

On behalf of everyone here at A-Way Express, I would like to take this opportunity to thank all of our donors, both past and present, for the generosity and kindness you have shown us throughout the years. Every gift is welcomed, appreciated and has a personal and substantial meaning to each and every one of us. You are truly making a difference.



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*"Appreciation can make a day, even change a life.
Your willingness to put it into words is all that is necessary." ~Margaret Cousins*

Victory for Patients' Rights....

The PPAO (Psychiatric Patient Advocacy Office) scored a victory of sorts with the news from Health Minister Deb Matthews on July 29th that she would change course with her plan to merge PPAO with the CMHA (Cdn. Mental Health Assoc.). This move would have jeopardized the effectiveness of any real advocacy for psychiatric patients on admission and beyond.

Thanks go to the many who wrote to the Minister demanding a consultation process, and special thanks to Lucy Costa of the Empowerment Council for spearheading the efforts through the Facebook page: Psychiatric Patient Advocacy Must Be Independent. *Also see: www.ppa.gov.on.ca*

*Recovery is a Journey...
Not a Destination
Recovery is not necessarily the absence of symptoms,
but instead it is moving beyond the symptoms of the illness
and side effects of the medication to live the life
we want and deserve.*

Roy Muise, Peer Support Specialist

TTC Transit Tips

by Mike Moniz

Working as a courier for over five years I've discovered a few tricks to getting around Toronto using the TTC. Here are some time-saving tips to make your TTC journey the better way.

Only use the Dufferin bus or Queen streetcar if you really need to. Anyone who regularly uses these lines has experienced that awful feeling when you're waiting forever while there are 5 almost empty vehicles bunched up together going the other way. Dufferin and Queen cars are the most likely in the city to be slow, crowded and behind schedule.

Try to make the bus or streetcar portion of your route the shortest part of your journey. Here's a scenario: you are at Woodbine and Queen and you need to get to King and Dufferin. Do you hop on the Queen streetcar and travel all the way across the city to Dufferin or do you use the Woodbine bus and head up to the subway station? Taking the scenic route once in a while is pleasant but it might not be the most efficient way to get where you need to go. Long streetcar and bus rides can take up a lot of valuable time. The trick is knowing the point where taking that extra stop to the subway station is more efficient than a bus or streetcar. Don't you wish we had more subways in this city?

Know your subway station exits. For example at Yorkdale Station the north exit leading to the mall leads to the bus stop for the 47B Caledonia/Lansdowne bus. One day I exited through the south end of Yorkdale Station where I discovered Ranee Avenue and the 109 bus. Knowing that could have saved time on a few deliveries. I remember during one delivery I exited at the west end of the platform at High Park station and it led me right into the residential neighbourhood I needed to go. There are lots of useful short cuts at TTC subway stations that can cut your travel time.

Know when your streetcar is going to arrive before you leave home. Here's a link that a lot of people don't know exists. <http://whereismystreetcar.appspot.com/>. The site tells you exactly where the streetcar you need is and how far it is from arriving at your stop. This can also be a valuable tool for anyone with a smartphone.



Michael passed on July 12th, 2011.
He was a reserved man with a quiet wit and clear intelligence.
"The General" is sadly missed by staff at A-Way.



*Michael Hayden
1952-2011
Rest in Peace*