

Celebrating Shelley Morris

Val Fuller, President of the Board of Directors for The Cridge Centre for the Family

This edition of The Messenger is dedicated to Shelley with words of love and blessing from staff, community partners and Cridge family members.

It's 1981, Pierre Trudeau was Prime Minister, Bill Bennett the Premier in BC, The West Edmonton Mall just opened, Raiders of the Lost Ark smashed the Box Office, MS-DOS was invented, inflation soared, and unemployment was on the rise.

This was the year that Shelley Morris, at the encouragement of her loving mom, submitted her application to The Cridge Centre for The Family for the position of Receptionist. As she walked through the front door, never in her wildest imagination could she see herself forty years later walking through that same door as the retiring CEO of The Cridge Centre for Family. In the years in between, Shelley has worked in almost every department doing almost every job required at The Cridge Centre. She learned from the leaders before her, around her and beside her and in 2006, it made complete sense for Shelley to step into



the role of Chief Executive Officer. Under her leadership, the organization has grown and flourished, adding new buildings, programs and people. I met Shelley in 2010. It was her spark, her passion and her supernatural ability to make everyone feel as though they are the most important person in the room that convinced me that I not only wanted to be a part of The Cridge Centre, but I also wanted to be just like her! People have always been her passion. She has walked with royalty and has hosted dignitaries and officials of various ranks, but her greatest delight is the giggles of children playing outside her office window as they find joy, often in the middle of trauma. Her reason and motivation for every action and decision is to bring hope and a future to those overcoming the challenges before them. It has been said that when you spend time with Shelley Morris, you leave a better person. We are not only better people; we are a better organization and a better community. Thank you, Shelley, for giving us so much of yourself and for your many years of service to our community.

The Messenger is published by The Cridge Centre for the Family in March, July and November.

Editors: Marina Bazalitskaya, Florence and Colin Moorman, Joanne Linka.

Production: IdeaZone

Printing: ARC Document Solutions



Senior Management Team 2004

Shelley and I go way back! Thirty years ago, I walked through the front doors of the Taylor Building for my interview as a “Family Visitor” in The Cridge’s new Family Daycare Program. I was greeted by Patricia Bailey and Shelley Morris in the front office. As the Family Daycare Program evolved, I moved on to the women’s anti-violence programs, and Shelley took on more and more responsibility for the entire organization’s finances.

Whatever responsibility or challenge arises, Shelley brings her clear thinking, common sense, humour and incredible knowledge. But most of all, Shelley brings her heart. Shelley just makes everyone feel loved. No matter how busy, she has always delighted in our stories about our children and grandchildren. She has prayed fervently for them when they have struggled and celebrated their joys.

During some really challenging years, Shelley’s ability to lead, to help us overcome our fears and do what is right, got us through. It was clear that she was just what The Cridge needed for a CEO. How could that be 14 years ago now?

Shelley’s love and respect for every individual was so evident in her speech at the December 6, 2018, ceremony for the National Day of Remembrance on the grounds of the Legislature:

Our staff and volunteers pour their hearts into comforting, protecting and serving the courageous women impacted by violence – and make no mistake – it is hard and gut-wrenching work. BUT it also makes our hearts EXPLODE with admiration and thankfulness to see women refuse to be defined by the violence perpetrated against them, women who are overcomers, whether as gentle spirits or unbreakable warriors.

I have spent 99% of my working life working with Shelley. It is hard to imagine working without her. I keep thinking of Winnie the Pooh saying: “Goodbye? Oh no, please. Can’t we go back to page one and do it all over again?” But then, the ever-wise Winnie also says: “How lucky I am to have something that makes saying goodbye so hard.” Oh, Shelley – we will miss you!

Marlene Goley: The Cridge Transition House for Women and The Cridge Young Parent Outreach Program



It is with gratitude and love that the staff of The Cridge Supportive Housing and The Cridge Respite & Respite Services send Shelley off to her well-earned retirement. As a team of staff, we have a collective 98 years of experience working with Shelley! We know and love her well, and there is no end to the words we could use to describe her. Here are a few of the reasons we are **GRATEFUL FOR SHELLEY**.

- Guidance**
- Respectful**
- Approachable**
- Trustworthy**
- Encouraging**
- Forgiving**
- Unwavering** in her support of women
- Loyal**

- Fair**
- One-of-a-kind**
- Really, really funny**

- Supportive**
- Heroic**
- Empathetic**
- Loving**
- Listener**
- Energetic**
- Youthful**

Shelley, we will miss you like crazy, but we know God has wonderful plans in store for you.

**Much love,
Candace, Louise, Karen, Susie,
Linda, Heather, Chandra, Jo &
Laura**



I have so many fond memories of Shelley. Her radiant smile, her sincere hugs, her lovely white hair (which I have longed for) and her kind comforting words. But most of all, her walk with Jesus in this world and her joyful sense of humour. One of my favourite memories of Shelley was when she came to visit in the infant room one day. She saw our new cozy corner, a mattress-sized foam block, and an

array of colourful soft bed pillows for the babies to crawl on and burrow into. Shelley walked over to the corner, turned around with her back to the pillows, promptly fell backwards, arms out onto the pile and said, "Oh, I could stay here all day!" What a companionable CEO! I love you, Shelley!

Lynda Halliwell: Children's Services

Let's play a guessing game. When I started as Executive Director at The Cridge Centre in 1982, who in the organization do you think played the most tricks on me? Who might, just might, plant a rubber rat in my desk or tape it to the ceiling, staring down at me with its beady rubber eyes? Or who would dream up a competition among all the staff to guess my middle name? (I don't have a middle name). Or who would egg me on to engage in a long-running battle with the board president over whose brown paper lunch bag could survive the most number of lunchtimes? The person I'm thinking of was a young mischievous but devastatingly efficient and intelligent receptionist with a withering sense of humour. My decision to accept the board's offer to become the Executive Director was a difficult one but there were a few special moments which helped me decide. I remember one of those pivotal moments when I called The Cridge Centre from England (where I lived) to ask a question. I was nervous and uncertain



but the voice which answered the phone was brimming over with enthusiasm and confidence. Her tone of voice and her cheerful disposition put me at ease at once and was one of the tipping points for me.

Have you guessed yet? Shelley and I have shared a love for The Cridge Centre for all of these almost forty years and our professional association has grown into a special friendship, shared by me and Florence. With just a brief hiatus between my tenure and hers in the leadership

role, I've watched with admiration as Shelley, in obedience to God, has taken the Centre to ever greater heights of achievement and quality of service. And yet, for all her accomplishments, my friend Shelley is still capable of being the worst tease I know. Watch out. There's a rubber rat about to pounce!

Colin Moorman: The Cridge Centre for the Family Executive Director 1982 - 2003

If you know Shelley, you know her faith is a central part of her life. It's more than talking points and rhetoric. Her vibrant personal faith informs and directs her day-to-day life. She authentically lives out her love for Jesus through her relationships and her leadership.

It's what makes her an exceptional leader and even better friend. Shelley inspires me to be a better faith-based leader!

Tim Schindel: President and National Director -- Leading Influence Ministries



When I sat down to write this paragraph, I thought it would be so easy to capture in a few sentences the wonderful memories of Shelley and The Cridge Centre. And then, I found my envelope of 'very special moments,' and there was the beautiful piece Shelley wrote in the Messenger in November of 2017, "We Call Her Friend." At that point, all the memories flooded back. (Translation – tears.) I don't think that there is a more wonderful label to bestow on one than "FRIEND." And so that article, Shelley, and the picture of the two of us, are among my most cherished. It is not only the tremendous work done by The Cridge Centre, including and especially the support for those suffering from Brain Injuries, but it is the respect and love with which all who cross



the threshold of The Cridge are treated. And those are the unique qualities that Shelley imparts. I am sure, Shelley that you have carefully mentored someone to carry on all the tremendous work done by the Centre, but my goodness, those will be awfully big shoes to fill. I also have no doubt that you will be ready and willing to help at a moment's notice when needed. (A leopard does not change its spots). You, my FRIEND, will always be one of the most caring individuals I have ever had the honour to meet, and although we stay close to home, for now, I look forward to the day we can once again share memories, my FRIEND!

The Honourable Judith Guichon: Lieutenant Governor of British Columbia 2012 - 2018

When I think of The Cridge Centre, Shelley is the first person that comes to mind. I was first introduced to Shelley when her niece started in the Day Care. Of course, her niece would always call her Auntie Shelley and that stuck with every child and staff. Whenever we saw Shelley, we'd all say, "Hi Auntie Shelley!" Even after her niece finished the program, some of the children and staff would still call her Auntie Shelley.

Shelley, you are going to be greatly missed by many. THANK YOU for all the years of dedication to The Cridge Centre for the Family. You have put an imprint on my heart.

Angela Brunwald: Children's Services -- since September of 2000.



I was very honoured to serve for 12 years on the Board of The Cridge Centre for the Family. During those years, there were many challenges. This was when it was brought to the attention of the Board, by the senior staff, that a new Executive Director was clearly required. They requested that for the interim, Shelley Morris be made the ED until someone was found to fill the role permanently. While dealing with all the issues of this change, Shelley proved she had a strong relationship with staff, kept us advised on Board matters arising and, of course, had the kind and gentle spirit needed to guide The Cridge through some challenging and difficult times. We all agreed that Shelley was ideal for the role and offered her a permanent appointment. Not much more to say - Shelley is the quintessential leader in spirit and in practice!

Mary Ethel Audley & Greg Cran: former Board Members

Shelley is a leader in our community and a role model who exemplifies the values of The Cridge. Under Shelley's leadership, The Cridge has grown to become a community of caring individuals passionate about helping the

vulnerable and those in need. She has always given her all over the last 15 years as CEO, showing grace under pressure and endless enthusiasm. We have thoroughly enjoyed our partnership with Shelley and the opportunity to

work together on many exciting projects. Thank you for making a lasting difference in our community.

Liette Bates-Eamer and Lenora Lee: Auditors - KPMG

From The Cridge staff and family with LOVE



Shelley has been an inspiration, wise woman, and friend stretching through my various careers as a journalist, social justice advocate, and non-profit communicator. Whether I need an informed perspective on social care, a kind word at the passing of my mother (a big fan of The Cridge), or just a laugh at this big old wacky world, I always know I can count on Shelley. In my newer role as executive

director of the Board Voice Society of BC, Shelley has been an incredible support in helping our umbrella organization get the word out about who we are and why we matter. Shelley, thank you for being such a strong and compassionate voice for community social services!

Jody Patterson: Executive Director - Board Voice



Over the past four years, I have had the great pleasure of working with Shelley through several different initiatives. Her vivacious personality, constant positivity, forward-thinking and problem-solving approach helped solidify our decision to be a donor with The Cridge Center for the Family. Her business acumen, coupled with her passion for helping others, is truly admirable, and while she will be greatly missed, I am excited for this well-deserved next chapter of her life.

Rebecca Miller: Abstract Developments

It's intimidating to think of writing about SHELLEY MORRIS -- the Queen of the heartfelt note that weaves humour, life experiences and thoughtfulness into well-crafted prose on a very regular basis. However, if there's one person who deserves to have her praises shouted out for all to hear, it would be Shelley. Shelley is one of the most impressive people I know. Whether in her dedication to her staff, her love and involvement with those who are ministered to by The Cridge, or even the way she speaks with waiters at White Spot as we share an early-morning breakfast together, Shelley is a person who walks the walk and talks the talk of trying one's best to help as many people as she can. Shelley

is a true and natural leader who inspires people around her to join, help and be part of a solution. I admire Shelley, but I also like Shelley, and find our times together are interesting, helpful but also fun---- it's pretty rare to have someone as kind, smart and inspiring as she is but who can also crack a joke that you can't help but laugh at. I don't know exactly what's next for Shelley, but I know she'll bring her inspirational leadership, intelligence, incredible amounts of empathy, and a sense of joy and fun to it, and I can't wait to see what she tackles next.

Mike Hartshorne: Realtor -- Royal LePage

Shelley, what an exciting time for you - starting on a new chapter! Shelley, I think your superpowers are your kindness and your quiet intelligence; and you are probably the most humble human I know. You are a brilliant leader because of these qualities. You lead with your values, and you care deeply about people. Because of your authentic self, you have deep and

strong relationships, leading you and your Cridge team to do so much good for the people in your organization and the community you live in. I wish you everything wonderful and so much joy as you start your new adventure.

***Patti Flaherty: President and COO --
CONNECT Communities***

It has been a pleasure working with Shelley and The Cridge Centre over the years. It is crystal clear that Shelley cares deeply for The Cridge, the clients and the valued employees. Shelley always approached workplace issues with an open mind to working toward an acceptable resolution for the parties. Shelley has made significant improvements over the years to The Cridge Centre and leaves a bright torch for her replacement to carry on her good work. Wishing Shelley amazing memories and cherished, well-earned relaxation in her retirement.

Kim Shelley - BCGEU Staff Representative



CEO Welcome

I am delighted to put pen to paper to welcome Adam Richards as the new CEO of The Cridge Centre for the Family. Colin Moorman was a beloved tall leader with fly-a-way white hair. I'm a tolerated short leader with fly-a-way white hair. Adam ... well, Adam clearly lacks the "mane" of leadership, but we're pretty excited to get him anyway! I jest about the 'hair' qualifications of course.

Adam, you are inheriting an office, an organization, a society, a team of people, a ministry that occupies a unique place in this city. Created by caring men and women in the 1800's, vital and impactful then, vital and impactful almost 150 years later...and blessed to continue under your leadership as we forge ahead into the future. It goes without saying that you will bring your own unique brand of leadership, ideas, talents and vision to this job. I see in you already your love for this organization and capacity and talent for

leadership. I see in you a leader whose heart and mind will be seeking ways to serve those you lead and equipping those around you to serve every overcomer we are privileged to walk with on their journey. Adam, I believe in you.

So welcome to a really great job! A demanding job! A thrilling job! A challenging job! A fulfilling job! A job that will bring you to weariness at times, and to incalculable joy at other times. Welcome to the chair, I rest easy leaving it in your hands.

Shelley Morris



Chef's Corner:

Nik Milonas, Executive Chef of The Cridge Village Seniors' Services

Shelley's Ginger Garlic Prawns with Jasmine Rice and Sesame Sauce

Yield: 2 pounds or 46 prawns - your choice of a serving portion

2 pounds ocean wise peeled and deveined raw frozen prawns thawed or fresh if available

Marinade:

1/3 cup minced fresh ginger

1/3 cup minced fresh garlic

1/3 cup light soy sauce

1 Tbsp. Worcestershire sauce

3 Tbsp. fresh lime juice

A few drops of tabasco sauce or more

1/3 cup unsalted butter melted

1/3 cup olive oil

Method: Preheat oven to 450°F. Rinse prawns under cold water and pat dry. Combine all marinade ingredients in a large mixing bowl and whisk together vigorously. Add the prawns and thoroughly coat with the marinade. Slide everything onto a parchment-lined cookie sheet large enough to hold the prawns, leaving some space in between. Roast prawns for 5 to 7 minutes to 71°C using a probe thermometer. Serve immediately. Cook the Jasmine rice as per package directions. To serve, place a mound of rice in the center of a large soup bowl or plate and decorate with the prawns around the rice. Drizzle the sesame sauce on the rice and garnish with lime wedges and fresh chopped cilantro.



Sesame Sauce

Yield: 500 ml

150 ml mayo

100 ml tahini

20 ml organic sugar

35 ml rice vinegar

45 ml Japanese soy sauce

25 ml sesame oil

50 ml water

Method: Combine all ingredients in a bowl and whisk until smooth. Taste and adjust seasoning for balance. Store in a container with a tight-fitting lid in the fridge. Bring to room temperature before using. Use on rice or vegetables as a dip.

The story that inspired the recipe:

Once upon a time, long ago, on the top of a hill in a beautiful mansion, The Cridge confreres were taking their break, sitting in the activity room enjoying their lunch while having a friendly conversation amongst each other. It was a daily ritual as they convened to take rest from their full and busy days serving their clients and whoever needed their help that day. There was the usual brigade as you might expect: Sarah, Tina, Linda, Dave, Candace and the Chef. The ladies usually sat at one end of the table while the men sat on the other, as that was the proper seating arrangement during those times. Everyone was happy and cordial



with each other as they shared stories, laughed and dined together. One day, Shelley, whom Chef really admired, joined in and started sharing a food story of how much she enjoyed Japanese food, especially the tasty rice with that savoury sesame sauce. As the Chef was listening to those eloquent and compelling food words, his ear morphed with acuity into a Spock's ear, and his creative desire was awakened with force equal to Thor's mighty hammer as he was

inspired to create a special dish for his beloved CEO. And friends, this is the true story of how this dish that graces our lunch menu came to be. I admire and adore my CEO and always will. Please enjoy!!



Honouring 40 years of Shelley Morris

How do you thank someone who has served their community for 40 years? A watch, a pen or a nice wall decoration?



Knowing Shelley, she'd want her legacy of service to continue long past her years at The Cridge so **we invite you to join us by sharing your appreciation of her incredible legacy with a donation to her favourite charity – The Cridge Centre.**



Our goal is to raise **\$40,000** as a way to honour Shelley's legacy of commitment and service. **Please mark your gift "Celebrating Shelley"**.



act justly | love mercy | walk humbly

As the “youngest” manager at The Cridge Centre, with only 6 years of service, I have been privileged to work alongside Shelley, both literally and figuratively. With our offices side by side, I have been witness to many things, including hilarious practical jokes, intense meetings, level-headed responses to crises, the chaos of a Royal event and more than just a few chats where we have shared life, laughter and prayers. I have always been able to pop into her office for questions to be answered, advice to be given and ridiculous stories to be shared. I consider Shelley my boss but also my friend.



As the Communications and Fund Development department has grown over the past 4 years, Shelley has been committed to building our capacity to serve our donors and Cridge family in the most effective way. We have celebrated successes together and planned for growth and many more decades of service to our community. We are going to miss you, Shelley, but we also have big plans for you to come on board as a permanent volunteer... wouldn't you just love to organize The Cridge Centre's 150th birthday??

Joanne Linka: Communication and Fund Development

2021 - 07

 **YES,**
I/We would like to join
The Cridge Centre Circle

Single gift amount: \$ _____

- Cheque enclosed or
 Please charge my credit card

Monthly gift amount: \$ _____

- Void cheque enclosed or
 Please charge my credit card
Gift End Date: _____ or until further notice.

Please use my gift as follows: Where needed most. With the following designation: _____

Mr Mrs Ms Other _____

Celebrating Shelley.

First Name: _____ Middle Initial: _____ Last Name: _____

Address: _____ PC: _____

Phone: _____ Email: _____

With credit card and identity fraud on the rise, we have measures in place to keep your information safe. Please choose from one of the following options: • Donate online at cridge.org/donate/ • Call 250-995-6427 to speak with our Donor Specialist
• **OR fill in your credit card information below:**

VISA Mastercard Name on card: _____

Card Number: _____ Expiry Date: _____/_____/_____

Signature: _____ Date: _____

Sign also to authorise bank withdrawals

Would you prefer to make your gift anonymous?

All monthly payments will be scheduled the first day of each month. Receipts for your charitable giving tax credit will be Issued annually.

Charitable Registration # 108079419RR0001

The Cridge Centre for the Family collects personal information on this form for reasonable and obvious purposes that meet with regulatory requirements. This information will never be shared, and will never be used for purposes outside of the obvious without your permission.

Please detach and mail this form to:

The Cridge Centre for the Family -- 1307 Hillside Ave. Victoria, BC V8T 0A2
Contact: Joanne Linka, Manager of Communication & Fund Development
250.995.6419 Email: jlinka@cridge.org

Spending of funds is confined to Board approved programs and purchases. Each gift designated toward an approved program will be used as designated with the understanding that when a given need has been met, designated gifts will be used where needed most. Gifts will be acknowledged with an official receipt for income tax purposes.

The Cridge Centre for the Family is certified by the Canadian Council of Christian Charities and is accredited by the Imagine Canada Standards program.



Shelley Morris, the time has come.
It's so hard to believe.
Your home and garden are calling, and The Cridge you will leave.

Even when the day was filled with priorities, crises and many "routine" plans.
You always had time to connect and offer support whenever you can.

Your personal and professional commitment to people—a remarkable calling for sure!
Your extensive community impact will continue to grow in the future and always endure.

Thank you for being you and for all that you've done.
Now it's time to catch your breath and explore new horizons just for fun.
You are a presence and will be greatly missed by everyone!

Robin Syme - Executive Director - CanAssist



NOTE: Please double check the accuracy of your name and address and notify Sharon Crozier of any changes via email to scrozier@cridge.org or by phone at 250-995-6427.

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