

# Merrittorious Memos

The Merritt  
Center

The Newsletter of The Merritt Center, a non-profit corporation in Payson, AZ • Jun. 2018 to Jun. 2019

So grateful to the AZ Dept. of Veteran Services for providing two grants to support our Men and Women Vet Programs for 2018. We have appreciated their support for the last decade. Their grants have provided over 200 free weekends for men and women returning combat vets since 2005.

## Free Vet Programs

2018-19— 4 Weekend Program: Basic Training for Life

WOMEN: (2018) **Jun 8-10, Aug 10-12.**

(2019) **Feb.22-24; Apr. 26-28; Jun.7-9; Aug.2-4.**

MEN: (2018) **July 13-15, Sept 14-16.**

(2019) **Mar 15-17; May 17-19; Jul 19-21; Sept. 13-15.**

If you know of any returning combat veteran in need of a Vet Mentor to assist them in coming home “**All the way Home**”, please refer them to the website: [www.merrittcenter.org](http://www.merrittcenter.org). We are offering 4 weekend programs that may not be included here. Contact Betty for more information or call 928-474-4268 for an application.

**Check out our PSA video on the website:**  
[www.merrittcenter.org](http://www.merrittcenter.org)

## Want to help?

It costs \$230 per Vet per weekend or \$920 for 4 weekends or 7 day program. **Please donate at our website:** [www.merrittcenter.org](http://www.merrittcenter.org) or send a check to: **The Merritt Center, PO Box 2087, Payson, AZ 85547.**

## Thank you, volunteers:

Mary and Ken Richardson; Suzanne Connolly, Karyl Blair, Marie Fasano, Julie Santamaria, Sumr Breez; Jennifer Hinkie, Barbara Polasky, Maribeth Myers, Jim Farrell, Steve Pierce, William Houdek, Nancy Pulliam, Laura Micks, Shannon Bishop, Norm Schlink and all vet mentors.

## AND OTHER HELPERS:

Marla Graham, Andi Shirley, Rick Cramer and Barbara Ann

## Train the Trainer

Enhance your practice or create a Program in your own locale. We are offering two (2) Train The Trainer workshops: One, a weekend overview for those who choose to add elements of the Vet Program to their practice. The other is an Intensive 7 day for those who choose to recreate the Vet Program in their own locale. It will provide a mirror training of the Vet Program four weekend retreats and is offered when we have a group of four ready. Lodging/meal cost only. For more information: 928-474-4268.

## Calling Groups to our space!

We have openings in our schedule to accommodate groups here. Details on Page 2.

## Notes from Betty



I am grateful to all who continue to support me and The Merritt Center in many ways. The healing continues. I am especially grateful to welcome our new Advisory Board member: Greg Williams. During our next board meeting we will seek approval to offer a new session on grieving to the Vet Program.

# Extended Programs at the Merritt Center

## Job / Relationship / Family Transition

Walk through the transition process through transformative empowerment and make your dream come true. Choose a schedule to meet your needs: (4 days for \$480, 3 days for \$360). An experiential process based on creating your dream structure within your life cycle.

## Transformative Transition Empowerment Coaching

This service provides an initial face-to-face interview (if locale permits) or an initial hour phone interview to clarify intentions and expectations for the coaching relationship. Then a vision agreement is created by each party. The service fee is \$75 per hour. Most who seek this service are experiencing the disorientation or confusion of a life transition or the emergence of a life changing shift or awareness and need a safe space while considering a way forward. Call Betty for more information or to set up an initial interview, 928-474-4268.

## Mother / Daughter Women's Journey

**Weekend: \$350 single; \$250 per person double-occupancy**

For women of all ages to explore their uniqueness in an opportunity to learn and grow. The roles of woman will be celebrated in a drumming circle and other ancient rituals.

## Groups are *WELCOMED*

When the schedule is open during the week or on weekends at wellness weekend rates—a \$300 non-refundable deposit holds a reservation with half balance due 30 days before arrival and remaining balance upon arrival. 34 guest capacity in double/multi occupancy rooms. Rate: \$85 per person, per day in double/multi occupancy room. Special needs: vegetarian, vegan, gluten free, etc. must be requested 14 days before arrival and there will be an additional \$10 per day per person fee charged for specialty items, including requesting organic foods. A refrigerator

### MERRITT CENTER BOARD MEMBERS

Betty Merritt	Masumi Iida
Tim Broderick	Lisa Morad-McCoy
Marie Fasano	William Houdek
Shannon Bishop	"OPEN"
Michael Morad-McCoy	

Advisory Board Members: Marki Ware, Jennifer Treece, Peggi Cornelius, Billy Ryan, Doug Richardson, Michelle Abraham, Duncan McPherson, Kathy Clinebell, Tonia Erin, Jim Farrell, Jack House, Luke Taber, Norm Schlink, and Greg Williams

Board Meetings: Sept. 22, 2018

Feb. 16, 2019 & Sept. 21, 2019

## Kiatsu Training

**Nov. 8-10, 2019—\$300**

Call Betty for more information, 928-474-4268.

is available for guests' special need foods/supplies. Kiatsu sessions are available for \$65 per hour.

## How to Create a Retreat Center:

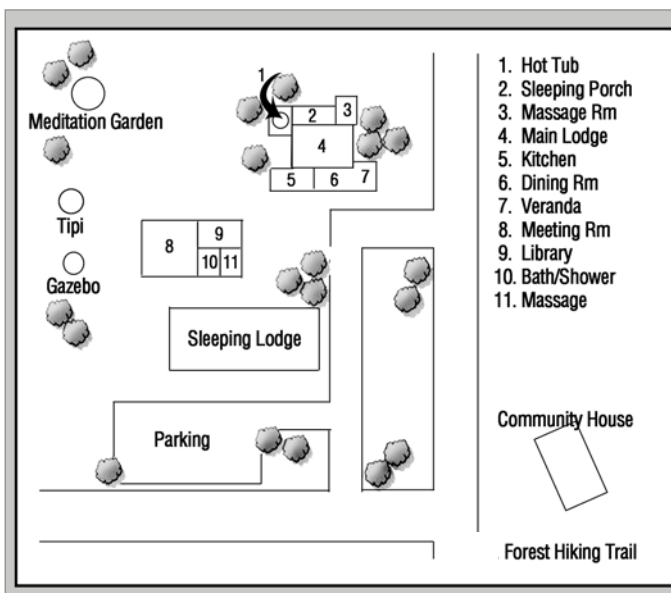
**August 16-18, 2019—\$360**

For those who want to understand the retreat creation experience and know more about the steps to take to create their own retreat center.



### The Merritt Lodge of Payson

The Lodge is located 90 miles north of Phoenix (east of Payson), nestled in the Tonto National Forest, near the foot of the Mogollon Rim, 5,000 feet elevation, a two-hour drive from Sky Harbor Airport in Phoenix.



How to Get Here: From Phoenix take Highway 87 to Highway 260 in Payson. Turn right on Highway 260 and continue three miles to Valley Road. Turn left. After two-tenths of a mile turn left again at Haught Road. Follow the signs to the Lodge on the left.



# Joyful Happenings!



FREE for men/women who served in a combat zone and want to give themselves a gift of reentry and integration in a nurturing, safe space. Combat Vet Mentors will provide support. Call for application.

## Free to Combat area MEN Vets

**4-Weekend Program.** (2018) **July 13-15, Sept 15-17.** (2019) **Mar. 15-17, May 17-19, Jul 19-21; Sept. 13-15.**

## Free to Combat area WOMEN Vets

**4-Weekend Program.** (2018) **Jun 8-10, Aug 10-12.** (2019) **Feb. 22-24, Apr. 26-28, Jun. 7-9, Aug. 2-4**

## Train the Trainer Overview Workshop

(2018) **Upon Request** — For those counselors who choose to add elements of the Vet Program to their practice. \$300 shared room; \$485 single. **7 Day Intensive training Workshop:** For those who choose to create a Vet Program in their own locale. Scheduled when 4-6 register. \$725 meals/lodging only.

## Wellness Weekends

(2018) **Jun 29-Jul 1, Aug 31-Sept 2, Dec 21-23, Dec 28-30.** (2019) **Dec.28-Jan. 1; Apr. 19-21; Jul. 4-7; Sept.6-8** Hiking, soaking in the spa, Kiatsu. No alcohol is served. Tour begins at 5:30, dinner at six Friday and ends after lunch on Sunday. Double \$115 per person/night; Single \$125 per night - includes room, meals. Healing Touch/Kiatsu \$75/hr., call for appointment. 928-474-4268.

## Couples Growing Together

(2018) **Nov 9-11** (2019) **Oct 11-13** The retreat is **\$525 per couple** who want to do more together than complain about bills, work, or sharing chores. Facilitated by Betty who shares the secret of her 40+ year marriage filled with unconditional love, support, adventure, growth and excitement with any couple choosing to grow together. Includes room, meals: 6pm Friday- 4pm Sunday.

## Silent Wisdom Quest

(2019) **May 24-27 - 4 days, 3 nights, \$380.**



A journey to sacred forest space during daylight, returning at sundown to silence in the lodge. Fee includes room and meals.

## Mother/Daughter Women's Journey

(2019) **May 10-12**, A journey for mothers and daughters to honor who they are and the gifts they have. \$250 per person- shared room.

## How to Create a Retreat Center

(2018) **Aug. 17-29; (2019) Aug. 16-18** The cost is \$360.

## FREE Working Weekend

(2018) **Aug. 24-26** Come prepared to paint, prune, spruce things up inside and out. Limited space—please call 928-474-4268.

## Order BASIC TRAINING FOR LIFE workbook for returning vets & families.

The hardcopy of the *Basic Training for Life Workbook* is now available—please use our reservation form to order. The cost is \$15. It can be considered a donation providing 10% of one veteran's retreat. **Driving Lessons** by Betty Merritt. A memoir walk through her life with vignettes leading her to her dream come true: The Merritt Center \$15 donation.

*Merrittorious Memos* is the newsletter of the Merritt Center, a 501C3 Non-Profit Corporation near Payson, AZ. The current Director of the Merritt Center is Betty Merritt who is also the managing editor of *Merrittorious Memos*. Your personal copy will be sent twice a year upon request and a **\$10 donation**. [betty@merrittcenter.org](mailto:betty@merrittcenter.org)

MAIL or FAX to:

The Merritt Center PO Box 2087, Payson, AZ 85547, Fax: 928-474-8588

REGISTRATION PERMISSION: Permission to use email - enter email address below:

ORDER BOOKS or \$10 donation for hardcopy of the newsletter or sign up for class.

Session/Date \_\_\_\_\_ Qty. Books (\$15 ea) \_\_\_\_\_

Full Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ AMT. Enclosed \_\_\_\_\_

Deposit: 50% (\$75 non-refundable To hold date ) one half total cost 1 month advance by check or Visa/MC. NOTE: Cancellation less than 14 days in advance will result in losing your entire deposit.

Card # \_\_\_\_\_ Exp. \_\_\_\_\_

Signature \_\_\_\_\_

Special Diet \_\_\_\_\_

E-Mail \_\_\_\_\_

KING  or TWIN

*NO smoking, alcohol, drugs, or weapons.*

\$10 Off  
First Visit!



Expires  
March 31, 2019

E-Mail  
Reservation:  
[registration@merrittcenter.org](mailto:registration@merrittcenter.org)



Website: [www.merrittcenter.org](http://www.merrittcenter.org) E-mail: [info@merrittcenter.org](mailto:info@merrittcenter.org)  
**Purpose:** The Merritt Center, a non-profit organization, is dedicated to education in renewal and empowerment via classes, workshops and experiential programs in an atmosphere conducive to personal growth.  
**Sign up for the E-newsletter.** Please send permission to send our e-newsletter via your email. If you move and/or wish to continue to receive this newsletter in paper form, please send your subscription with \$10 with your previous address along with the new address to the address below or e-mail:  
 E-mail: [betty@merrittcenter.org](mailto:betty@merrittcenter.org). Thanks! If you do not wish to receive this newsletter, please return it to the address below.

P.O. Box 2087, Payson AZ 85547  
 928.474.4268, 800.414.9880  
 Fax: 928.474.8588



**E-mailed  
with love  
of the forests!**

*RETURN SERVICE REQUESTED*

July 2018	August	September	October	November	December
<b>Jun 29-Jul 1</b> Wellness Weekend  <b>13-15</b> #3 Men Vet Weekend	<b>10-12</b> #4 Women Vet Weekend  <b>17-19</b> How to Create a Retreat Center  <b>24-26</b> Working Week-end  <b>Aug 31-Sept 2</b> Wellness Weekend	<b>Aug 31-Sept 2</b> Wellness Weekend  <b>14-16</b> #4 Men Vet Weekend  <b>22</b> MC Board Meeting	<b>7 Day Train the Trainer Intensive</b>	<b>9-11</b> Couples Weekend	<b>21-23</b> Wellness Weekend  <b>Dec 28-30</b> Wellness Weekend
January 2019	February	March	April	May	June
Continued wellness weekend through Jan 1	16 MC Board Meeting  22-24 #1 Women Vet Weekend	15-17 #1 Men Vet Weekend	5-7 Kiatsu Training  19 -21 Wellness Week-end  26 #2 Women Vet Weekend	10-12 Mother / Daughter Weekend  17-19 #2 Men Vet Weekend  24-28 Wisdom Quest Weekend	7-9 #3 Women Vet Weekend

2018 Train the Trainer  
**As requested**  
**Program Overview**  
 - for Vet counselors adding elements of the Vet program to their practice.  
**7 Day Train the Trainer Intensive**  
 upon request.

Working Weekend—  
 Free  
**Aug 24-26, 2018**

**WEEKEND PROGRAMS**  
 begin Thursday or Friday with 6:00 pm dinner - through lunch on Sunday.