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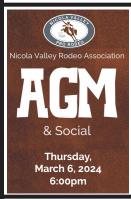
Tel: (250) 378-1864 • printing@kentem.ca 2025-Unit A Granite Ave., Merritt

the

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2051 VOGHT STREET, MERRITT BC, 250.378.5817



Please join us, friends & members, for a

SOCIAL EVENING & ANNUAL GENERAL **MEETING**

at the Canadian Country Music Hall of Honour, 2025B Quilchena Ave.

Hors d'oeuvres. refreshments & music



BECOME A VOLUNTEER TUTOR Do you have 1.5 hours a week to read one-on-one with young students?

- No experience is necessary, but you must have good English language skills
- Tutors attend a 1.5 hour training session & a school orientation before starting
- Tutors read with 3 elementary students for 30 minutes each, once a week for 10 to 12 weeks

Email literacymerritt@gmail.com to register for training

Citxw Nlaka'pamux Assembly WE ARE HIRING! APPLY TODAY!

Positions closing on February 28th

- Ashcroft Community Engagement Coordinator
- Certified Professional Accountant
- Grant Specialist
- People and Talent Clerk

OR DELIVER IN-PERSON TO: 2025 GRANITE AVE, MERRITT BC CHECK OUT OUR WEBSITE TO VIEW ALL **EMPLOYMENT.CNA-TRUST.CA**



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HERITAGE WEEK EDITION - FEBRUARY 19, 2025 #4062

News, opinion, community events since 1996! Box 2199, Merritt, BC V1K 1B8 Tel: (250) 378-5717 Fax: (250) 378-2025 Email: market@uniserve.com

Times

Heritage Week, February 17-23

Pastimes in Past

Heritage BC invites everyone to ex-

plore how historical leisure activities

have shaped the cultural fabric of their

communities. They hope you'll take the

opportunity to uncover the pastimes

that have contributed to the heritage of

hosting events and activities that show-

case how historical pastimes have

Archives is holding an open house to-

morrow, Thursday, February 20, 3-7pm

in honour of Heritage Week. There will

be refreshments provided, and lots of

information & displays on recreational

activities and how people spent their lei-

sure time in the past. Everyone welcome.

can also access it through the breezeway

next to Mandolin's, in the Railyard Mall.

The museum is at 1675 Tutill Ct You

Nicola Naturalist Society is hosting

Charlene Joe & Sean Strang, of the City

of Merritt, explaining the restoration of

the Nicola and Coldwater Rivers to a

more natural and flood-resistant state.

The STUWI(x) Naturalization Project is

led by local community members and

the six local First Nations. . Thursday

Feb 20, 7pm at NVIT Lecture Theatre.

All welcome - membership or donation.

Love To Dance has launched a new

Clothing Fundraiser in support of the

Dancing Diva Memorial Scholarship

Fund! All proceeds from this special

fundraiser will go directly to the scholar-

ship, helping to support aspiring danc-

ers. The fundraiser runs from February

5-26. Order forms are available at the

studio, or you can request one via email.

Each order will include a unique "LTD

Clothing Order Number" for tracking

purposes, so don't forget to include this

number in the notes if you're paying by

Merritt Fire Rescue smoke detectors

ing a door-to-door FireSafe: Ignite Aware-

ness, Extinguish Fires campaign from Feb-

ruary to March. They will offer residents

free fire safety assessments and a free 10-

year lithium-ion battery smoke alarm,-

fire safety information, advising on the

proper location of smoke alarms, testing

alarms, and, if warranted, installing one

new smoke alarm for eligible residents.

Wellness workshop for parents of lit-

YMCABC will host a wellness work-

shop for parents Feb 28, 6-8pm at 2990

Voght St. Learn psychological flexibility basics using ACT & mindfulness with

Laura McIntyre. \$10 per person, to regis-

ter email laura.mcintyre@bc.ymca.ca

tle ones 0-5 years

Merritt Fire Rescue will be conduct-

e-transfer.

Dancing Diva Clothing Fundraiser

Communities throughout BC are

In Merritt, Nicola Valley Museum and

the place you call home.

shaped their unique stories.

Community

Indigenous Values

River Restoration to meet

IH has "made tremendous efforts" in recruitment efforts

"We are seeing our vacancy rate come down as an organization, but we need to continue to really focus on that national and international recruitment to ensure that we have all our staff 100 per cent filled at every site, where we can, to really prevent any service disruptions,"

"The ER closures — that disproportionately affect rural communities - are only done as 'an absolute last resort.'

"As we know publicly, that has happened quite a bit in the past," Brown said. "However, we have made tremendous efforts in recruitment, and with local leadership and physicians to try and minimize these wherever possible.'

"We want our communities to know we're really trying hard in this area. We are doing everything we can to mitigate by using locum pools of physicians. We've got some dedicated resources from other agencies or GoHealth BC to try and bolster our clinical teams.'

- Susan Brown, Interior Health CEO, speaking at the Feb. 12 meeting of the Interior Health Board of Directors Source: cfjctoday.com/

Culturally safe emergency responses for Indigenous Peoples

To ensure inclusivity and respect for Indigenous Peoples during emergencies, First Nations communities and local governments throughout BC will receive funding to strengthen cultural safety in local emergency-management practices.

The Province is providing a total of approx. \$1 million for 20 local Indigenous cultural safety and cultural humility training projects through the Community Emergency and Preparedness Fund (CEPF). The funding will be used by First Nations and local governments to make emergency management and supports more inclusive for Indigenous Peoples.

Merritt will receive \$40,000 for Emergency-management program Indigenous engagement.

Sugarcane

Sugarcane is an investigative documentary looking into abuse and missing children at the Williams Lake Indian residential school.

Sugarcane premiered at the Sundance Film Festival in January last year, and a month after it first screened, National Geographic Documentary Films acquired distribution rights to the film. Since then it has gone on to be shown at film festivals across Canada & the US. It has been nominated for many, MANY awards, and won awards for directing; best documentary feature; best true crime documentary; best political documentary; and outstanding cinematography.

It will again be shown at the Para-

mount Theatre in Kamloops, on Fri, Feb 21 and Sat, Feb 22 @ 6:45 pm, 503 Victoria St. It has 100% rating on Rotten Tomatoes: A stunning tribute to the resilience of Native people and their way of life, SUGARCANE, the debut feature documentary from Julian Brave NoiseCat and Emily Kassie, is an epic cinematic portrait of a community during a moment of international reckoning. In 2021, evidence of unmarked graves was discovered on the grounds of an Indian residential school run by the Catholic Church in Canada. After years of silence, the forced separation, assimilation and abuse many children experienced at these segregated boarding schools was brought to light, sparking a national outcry against a system designed to destroy Indigenous communities. Set amidst a groundbreaking investigation, SUGAR-CANE illuminates the beauty of a community breaking cycles of intergenerational trauma and finding the strength to persevere.

More Oscar Wilde Quotes

Bigamy is having one wife too many. Monogamy is the same. Cats are put on earth to remind us that not everything has a purpose. A pessimist is somebody who complains about the noise when opportunity knocks. Marriage is a long, dull meal with dessert served at the beginning. If you want to tell people the truth, make them laugh; otherwise they'll kill you.

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massage -Wart, skin tag, mole removal -Stretch mark removal

-Scar removal -Custom medical facials -Laser hair removal

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-Tripolar ultrasound -RF microneedling

-Trifractional skin resurfacing -Skin peels -LED therapy (red light, blue

light, nur light) -Stem cells -Peptides

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-Dermaplaning



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www.desertdivasanddonsspa.com 1751 Granite Ave., Merritt ~ by appointment only



Better at Home Nicola Valley Invites community members, 60 years + to the

Saturday Seniors' Social

Better at Home Nicola Valley & ICS hosts a Seniors' Social, taking place on the first 3 Saturdays of each month!

This time of connection, with light lunch, is open to all Elders and seniors in community

> Time: 11:00am to 2:00pm Location: ICS - 2040 Granite Avenue

resources available.

For information, please contact the Better at Home Nicola Valley Program Coordinator, Judy Myram

at 250-280-3015 or jmyram@interiorcommunityservices.bc.ca







SPACE FOR YOUR AD TEL 378-5717 - FAX 378-4700 MARKET@UNISERVE.COM

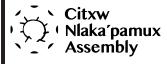
MERRITT PICKLEBALL CLUB For court times & dates call Dave 250-280-9985 or Stephen 778-709-0363 merrittpickleballclub@gmail.com



Water Monitoring, Fish and Aquatics Wildlife Monitoring, Terrestrial Services

Environmental Planning Environmental Reporting

Tel: (250) 378-1864 2025 Granite Ave., Merritt



We are pleased to announce that we have more job opportunities to join the Citxw Nlaka'pamux Assembly. Please visit our website to view the following job postings available:

- Ashcroft Community Engagement Coordinator
- Certified Professional Accountant
- Grant Specialist
- People and Talent Clerk

Interested applicants are encouraged to submit their cover

Citxw Nlaka'pamux Assembly Email: HR@cna-trust.ca

In-Person: 2025 Granite Ave, Merritt, BC We offer competitive wages, benefits, pension, internal training, and professional development to support the right candidate. We believe in initiative, respect and community values. If you have some of these qualities and believe you

would be of value to our organization, then we want to hear from you!

Please follow the link to view our job postings: https://employment.cna-trust.ca/ job-postings_join_our_team.htm



FREE CLASSIFIEDS — Call 250-378-5717 or email market@uniserve.com

> MERRITT PICKLEBALL CLUB For court times & dates call Dave 250-280-9985 or Stephen 778-709-0363 merrittpickleballclub@gmail.com

MERRITT ART GROUP





MERRITT MORNING MARKET

WEDNESDAY EDITION — FEBRUARY 19, 2024 #4062 Box 2199, Merritt, BC V1K 1B8 T: (250) 378-5717 F: (250) 378-2025 E: market@uniserve.com

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NEED SOMEONE to take care of your home or pets at Christmas? Call Bill, honest & reliable 315-3621

PIANO LESSONS Violin Lessons. Music Maestro Club. Please contact Cecilia Dvck 315-0022

SPANISH CLASSES. All ages, all levels, Call for more info 818-531-5765, andrea.ongaro26@gmail.com

practice violin, been playing for 1 yr with Suzuki books. If interested 778-930-0036

ALANON (for friends & families of alcoholics) every Monday @ 7pm Trinity United Church Hall

ELKS EVENTS: Every Wednesday Bingo, doors open 11am, ends 3pm. Every Friday Nite Bingo, doors open 4pm, ends 10pm. 1701 Coldwater Ave.

NA MEETINGS are held each Tues, Thurs & Sun 7pm at the United Church, 1899 Quilchena Ave.

AA MEETINGS Wed., Fri., Sat. At 7pm, Mon. Noon at Trinity United 3 YOUNG chickens 378-4476 Church, 1899 Ouilchena Ave.

SERVICES

Landscaping, fencing, painting, home to gd home 936-9208 repairs, tree removal, hedge clipping, FREE: young rooster 378-4476 ordening, weeding, etc. 315-8087 SHELLY'S BANNOCK & Catering &

other goodies 936-8368 BONDABLE Services. Laundry, house cleaning, errands ect. Discount for sepair, tall \$160.378-9645

niors. 604-210-6597 TC PAINTING, reasonable rates, li- called Elk Trackers. Got-Tex size 13 censed, 25 yrs exper., reliable, efficient. hardly worn. \$250. 250-755-6817

Call Tina for a free quote 604-767-0866 FARM FRESH FREE RANGE DOG GROOMING (All Sizes). I have a few openings for new clients, located 604-839-8383 off Iron Mountain Road... please text or leave a message 604-220-7353

SCRAP FOR CASH. I'll come to you. Batteries, brass copper, aluminum, stainless, wire. Call or msg 604-618-8710, or JIGSAW PUZZLES 500 & 550 pce. \$5 the middleman@shaw.ca Fast service,

TOPS: Take Off Pounds Sensibly weight loss support group.

RECLINING push chair, exc cond, nw back, incl misc. hardware (new) \$4000 cards, Johnny Cash memorabilia. Tom 778-288-4095 (250)378-8182 CERTIFIED TREE FALLER, w/ wd

chipper, sml truck & trailer, will do residential, fruit trees, etc. 378-6431

EAGER. RELIABLE man w/ 4x4 truck & trailer, avail. Dump runs, deliveries, plywood, sand, gravel, appl., housewares Greg 315-7525, (250)320-2054 Fast, courteous service EMPLOYMENT OPPORTUNITY

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PART-TIME BARTENDER. drop off resumes at the Legion Lounge in person or email to legion096@outlook.com

FOR SALE - APPLIANCES INGLIS flat top elect stove \$150. 24" elect stove, Danby 1 yr old \$250

14,000 btu. 315-9661 DEHUMIDIFIER paid \$300 sell \$150. METAL PATIO table with glass top.

hardly used 378-2837

WASHER & dryer, good condition \$300

FOR SALE - AUTOMOTIVE

2005 FORD F350 diesel truck, canopy condition. \$400. 378-9899 and extended cab, 170,300 Km + all up- FREE: 25" Samsung computer monitor, grades. Exc cond. \$22,000. 280-2540

brakes/rotors/callipers/spark plugs/coil \$200/pr. 2 bookshelf outdoor **speakers**, packs. Apple car play 604-818-0191 incl lots of speaker wire \$200 378-6915 P235/75R15 UNIROYAL Rallye m+s

on 6-bolt Nissan rims a season of wear left on them,4 tires, rims \$100 280-1413 LEFT HANDED 308 Savage Axis rifle Prince Motel 378-6899

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4 STUDDED WINTER tires, 225 x 2001 YAMAHA Mountain Max 700F, used. 525-1400

215/75R14, exc cond \$175 280-0543

WINTER front/buck screen, factory from Dodge, fits 2014 Dodge Ram. Trade for W.H.Y. Text 315-9789

FOR SALE - PETS / LIVESTOCK

RAMSHORN snails \$5 ea (604)210-6597 LOOKING FOR SOMEONE to 2 CATS, FREE. Cats accessories includ- 2 LARGE wood stoves, 1 Ashley & ed to go with the cats. Text 315-8415

bucket \$35. 2 5-gal. flat-back buckets mower \$200obo 378-7057 \$30/both. Galvanized chicken fount w/ SNOWBLWER, corded. \$90. 315-5946 heated base \$100 378-3496

horse w/ low withers with breast plate, CRAFTSMAN 2x42 Belt 8 Disc Sandcruper & stand, exc shape \$1200. Mex- er/Grinder, Model No 351 286380 \$175 ican 16" leather saddle & stand \$400. 378-6787 Pack saddle (sawbuck) w/ breast plate & UTIL. TRLR, 8'x5' tilt dck, loading brichen & stand \$250. 315-5853

5 KITTENS to good homes. Txt only

604-359-0431 HOUSE & YARD MAINTENANCE: SIAMESE Ragdoll kitten, 1-yr old, free

to gd home 936-9208

FREE: kittens to gd homes 604-359-0431 FOR SALE - MISCELLANEOUS

REDWING IRISH SETTER boots

EGGS for sale \$6 per doz. Call or text 460-2004 **SCOOTER,** 2 nw batt. \$600 378-4619

POWER wheelchair, exc. cond., power tilt, incl batt. & charging unit \$9000 parts 378-3496

ea. 378-5691 RECLINING push chair, exc cond, nw

MILK container for farm milk \$40 Joe 378-5100

bins, 16-gal., made in Spain, angled on 7502 1 end, exc cond \$30/both firm 378-9443 3 LLAMA wools, uncleaned 378-4476 UNPASTEURIZED raw honey: \$40 for buyandsellmobilehomes. com

GRANNY'S House Quilting Retreat has sewing notions from Pat's Patches 378-3734

FOR SALE - FURNITURE

ANTIQUE fancy walnut end tables w/ drwr & shlf, for lvingrm or bdrm \$160/ pr 378-9645

4-PC gun-sz bdrm set. China cabinet & hutch, drk wd, sell together or sep. Brnd nw rocker/recliner, tan col. 378-9607 ROOM air conditioning unit, wrks grt. ROUND TABLE. 2 leaves, 4 chairs, 2

capt, offers.378-4619 NOMA portable a/c, model 04351310, KING SZ mattress, like new \$150obo.

\$40 315-5946

FOR SALE - ELECTRONICS/SOFTWARE

ROLAND CD-2E SD/CD recorder for 2-BDRM BASEMENT suite \$1200 sale: record, listen, burn CDs; in perfect 525-0009, 378-0170 sale; record, listen, burn CDs; in perfect

flat screen. HP all-in-one copier/printer/ 2006 TOYOTA Tacoma Access Cab scanner w/ paper. Joann 778-389-9365 \$10,000. 6-spd standard 4x4 New 2 BOSE bookshelf indoor speakers

FOR SALE - RECREATIONAL

4 WINTER tires, 225/65/17, 65-70% lk nw condition. Rifle sited in, less than 2-BDRM bsmt suite n/p, n/s 778-639-0244 2006 CADILLAC ESCALADE EXT, 12x40 scope. \$600 with scope \$400 with- newly remodelled, nw floors & paint Up with solid Tonneau Cover. out scope. Or trade for 30/30. 280-4004 \$1500. John 425-772-3400 Good Tires. AWD 213,000 kms. Runs SLEEPING BAG by Chinook, called LARGE 2 BEDROOM apartment in Well, needs some electrical work. Clean the beast. Good to -40. Nw/nvr used. quiet lakefront NEW home, N/P, N/S \$300 they are \$450 new 250-755-6817 Ref required 604-727-5632 SPARE TIRE carrier fits 65 Ford Thun- INFLATABLE HOT TUB/spa, SaluS- PAD RENTAL country setting, wtr/sewpa near new/hardly used \$400 378-6915 er/power \$750 + hydro 525-0122

55R18, Nordman, 80-90% tread, hardly 1,843 kms, 3 cylinder. New snowmobile cover. Recently tune up by Nicola Val-SET OF 4 studded winter tires, ley Motorsports. \$3000. 315-3272

LOADING ramp for ATV Joe 378-5100 GREY CANOPY, 8-ft, nds some work CHIAPAS 44 MAG Alaskan takedown Lever action. \$1700 250-755-6817 TWO NEW TASCO optics rifle scopes

OLDER cement mixer, gd shape \$150

other \$250ea 280-0543

3 PUPPIES to give away: border collie/ SANDBLASTER 36"x24"x24", vry gd shepherd cross, 9 weeks old 315-9587 cond. Joe 378-5100

5-GAL. heated bucket \$45. 1-gal. heated 18"X42" mower blade, off riding lawn-

DELTA DUST COLLECTOR AP400 SIMCO 16" saddle w/ mule bars, grt for like new \$200 378-6787

ramp tail gate \$1600obo 378-4904 WOOD heater, Osbourne, heats 1500 sq. ft house \$600 hardly used 315-5018 YAMAHA 3000 WATT generator EF3000iSE, remote start, new battery. Hardly used. \$2000. 315-2898

CRAFTSMAN 8hp elect. start snowblower 27" \$350. Yardmaster 5.5hp 22" snowblower \$200 280-0543

WANTED/WANTED TO BUY

SMALL LIGHT WEIGHT travel trailer with toung weight of 350lbs and the weight of 1500 lbs for under \$5000.

FULLY EQUIPPED camper van, Chev/ Dodge preferred \$2000 range, cash 250-

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EXC COND 2-bdrm Sandpiper art, grnd **#VANLIFE** 2 Sortera wht Idea storage level, suit. for handicap \$225,000 378

> MANUFACT'D home, 2 bdrm, 1 bath. call to view 1-800-361-8111, 315-1000

8 cups, \$20 for 4 cups, \$10 for 2 cups, \$5 for 1 cup. 378-4947 6 MOS FREE pad rent. 4-bdrm mobile home, Low. Nicola MHP. Julie 280-9666 home, Low. Nicola MHP. Julie 280-9666 & **DRIVE BY** 441 Bailey Ave., Lower Nicola, updated, below market value. Then call 315-5424 Denis

> DRIVE BY 2596 ABERDEEN RD. 3 bdrm, 2 bath, house on 1.79 acres. 378-1504 for an appt to view

FOR RENT

4000SQFT shop/warehouse for lease in Lower Nicola, 500sqft mezzanine, 500sqft office space, 3 phase electrical, Bathroom, gas furnace, Air compressor, 14' x 14' door, Outside space available .Call or text 604-534-1401

SHOP/WAREHOUSE. 1000sqft shop/ warehouse plus 1000sqft mezzanine for lease, Radiant heat, bathroom, 12'x12' door. Call or text 604-534-1401

ROOMATE avail. 780-742-3427 2600 SQFT SHOP, 16' ceiling, 14' door,

5 ton overhead crane, 3 phase electrical gas furnace, bthroom, Low. Nicola, Call/ text 604-534-1401 2 SUITES AVAIL. IMMED. 1 partially

furnished suite \$1050. 1 fully furnished \$1400. Manager 936-8474 BACHELOR suite, furnished, util incl.

30 rounds shot. Vortex diamond back 2040 BIRCH AVE, #3 2-bdrm. 1-bth.



Preliminary Field Reconnaissance Archaeological Impact Assessments **Excavation and Site Assessments**

> Tel: (250) 378-1864 2025 Granite Ave., Merritt



Better at Home Nicola Valley Invites community members, 60 years + to the

Saturday Seniors' Social

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This time of connection, with light lunch, is open to all Elders and seniors in community

> Time: 11:00am to 2:00pm Location: ICS - 2040 Granite Avenue

resources available. Better at Home Nicola Valley Program Coordinator, Judy Myram

Spaces to visit over a beverage, areas for playing games







CVBCOWANCASTILLOUSBB OCOBGBURGESSTHSAGVRI MLYAVCHESTNUTHTSEOER SADNCRAWFORDRIBPRRMC TPCNRYXKQBLACKWELLNH O P L H J B I L L W I L L E R N N D E U CEAIRPORTFASOOXVIRRE KRRRFPDZNECOLLETTLEZ BTKCMCHAPMANCHARTERS EOERNSHWBYFCOLDWATER NYANGTVCXIJDCKZXNXD SKNNKONRSGCLEASBYWCA H P M N D F S T O F U V C O U T L E E D AKCANFORDNDQBLAIRTJJ WUIUGOHLWGGYKUCOWLEY

MERRITT STREETS A-B-C

Billwiller Armstrong Clapperton Castillou Blackwell Coldwater Charters **Belshaw** Chestnut Crawford Chapman Airport Canford Coutlee **Burgess** Cleasby Collett Cowley Cranna Birch Blair Cowan Comstock **Bremner** Clarke Aspen Bann

Words can be diagonal, and can overlap

Boyd