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MERRITT MORNING MARKET

GARAGE SALE SEASON IS BEGINNING!

GET ON THE WEEKLY EMAIL LIST OR CALL IN YOUR SALE

TEL 250-378-5717

MARKET@UNISERVE.COM



MERRITT PICKLEBALL CLUB

For court times & dates

call Dave 250-280-9985 or

Stephen 778-709-0363

merrittpickleballclub@gmail.com

the Arts Council

AWAKENING

SHARING INDIGENOUS IDENTITY

Experience the art of Robin Humphrey,

a local Indigenous Markings Practitioner whose work

honors Nlaka'pamux & Stuwix tattoo traditions.

Join us to celebrate culture, identity, and timeless artistry!

MAR 07 - MAR 30

Follow us for the latest updates on our upcoming workshops and reception!

Nicola Valley Arts Council

@nicolavalleyartscouncil

BRITISH COLUMBIA ARTS COUNCIL

BRITISH COLUMBIA

Merritt

MONDAY: 10 AM - 5 PM | TUESDAY: CLOSED | WED. TO SAT.: 10 AM - 5 PM | SUNDAY: 12 PM - 4 PM

2051 VOGHT STREET, MERRITT BC | WWW.NICOLAVALLEYARTS.COM | INFO@NICOLAVALLEYARTS.COM | 250.378.6515



MERRITT MORNING MARKET

Recycling symbol

Please recycle

ST PATRICK'S DAY EDITION - MARCH 17, 2025 #4073

News, opinion, community events since 1996! Box 2199, Merritt, BC V1K 1B8

Tel: (250) 378-5717 Fax: (250) 378-2025 Email: market@uniserve.com

Residential utility bills

Next month, bi-annual residential utilities bills will be mailed out, with the increase decided on by City Council in December — the first increase in over a decade! Some households with higher usage, ie secondary suites, will experience a greater increase.

Utility fees are set for cost recovery on operational and capital expenses, and are not a source of revenue for the City.

You can look up the Fees and Charges Bylaw 2386 by going online to: www.merritt.ca/utilities/

Provincial funding for fire departments

Through the Community Emergency Preparedness Fund (CEPF), the Province will provide more than \$9 million to benefit more than 230 fire departments in the province that are wholly or partially staffed with volunteer firefighters.

In Merritt, the \$40,000 received will go to upgrading breathing air compressor equipment. Thompson-Nicola Regional District will receive \$360,000 for fire department equipment and training.

This funding will help build the capacity of volunteer and composite fire departments to prepare and respond to emergencies through the purchase of new or replacement equipment and the expansion of firefighter training.

The Community Emergency Preparedness Fund helps communities mitigate and prepare for emergencies by funding local projects and initiatives in several categories. These include public notification and evacuation-route planning, emergency operations centres equipment and training, Indigenous cultural safety and cultural humility training, and emergency support services equipment and training.

Dance Camp March 24-27, 2025. Morning for children 4-6 and afternoon 7+ camp, will be full of dance, music, art and more. Day and week prices are available, Contact kia@kia.ltdadance@gmail.com for more information.

Poverty & housing insecurity The City of Merritt with Conayt Friendship Society has retained A Way Home Canada to facilitate a Community Organization Training and Engagement Session, on Monday, March 31, 6:30pm - 8:30pm at the Civic Centre. Participants will gain practical tools to enhance their impact and foster allyship in preventing homelessness. The event explores factors contributing to housing instability, barriers individuals face, and how organizations can actively provide meaningful support. Open to community organizations and interested members of the public. To register, email housing@merritt.ca or complete the form online at www.merritt.ca/housingevent/

"May your troubles be less, your blessings be more, and nothing but happiness come through your door."

That money talks, I'll not deny. I heard it once, it said goodbye.

What do you call a leprechaun's vacation home? A lepre-condo.

What would you get if you crossed Christmas with St. Patrick's Day? St. O'Claus.

How can you tell an Irishman is having a good time? He's Dublin-over with laughter.

Mom, I met an Irish boy on St. Patrick's Day. Oh, really? No, O'Reilly!

THIS WEEK'S HOROSCOPE

<div><div><div>Aries</div><div>March 21 - April 19</div></div><div>We all make mistakes; and we all have chances to rectify them. This Equinox week, with the Sun moving into your sign, an unfairness in your world can be corrected.</div></div>	<div><div><div>Taurus</div><div>April 20 - May 20</div></div><div>If you're feeling negative, time to reconsider your options. It's easy to write an option off as inappropriate. But if you look again, you'll be surprised by the possibilities it holds.</div></div>	<div><div><div>Gemini</div><div>May 21 - June 20</div></div><div>This week brings the insight to learn something you need to discover that will enhance your ability to protect yourself. Then, you'll be able to utilize your gifts... with great effect.</div></div>	<div><div><div>Cancer</div><div>June 21 - July 22</div></div><div>If you're enjoying the sense of speed and pressure this week, then all is well. If not, you can tap into the energy of the Equinox and relax. Either way, everything is set to work out well.</div></div>
<div><div><div>Leo</div><div>July 23 - Aug 22</div></div><div>This week equips you with a more balanced perspective. By keeping an open mind, you can find inspired ways to turn a problem into an advantage.</div></div>	<div><div><div>Virgo</div><div>Aug 23 - Sept 22</div></div><div>Long-lost items & emotions can be rediscovered or rekindled. This week brings a special reconnection. Something in you is changing, turning outdated patterns into renewed purpose</div></div>	<div><div><div>Libra</div><div>Sept 23 - Oct 22</div></div><div>In the approach to the Equinox, a more contented, peaceful you is making contact from the near future. You can give yourself some inspirational advice.</div></div>	<div><div><div>Scorpio</div><div>Oct 23 - Nov 21</div></div><div>You've devoted energy to someone., but perhaps your empathy is influencing your judgement and you're overlooking a problem. This week helps you reset your priorities.</div></div>
<div><div><div>Sagittarius</div><div>Nov 22 - Dec 21</div></div><div>This week, try to monitor the tendency to switch off. This week promises a revelation. But it's going to come from an unlikely source. Someone has insight that will benefit you... a lot.</div></div>	<div><div><div>Capricorn</div><div>Dec 22 - Jan 19</div></div><div>As long as you're mindful about what you take on this week, everything will work out well. Bide your time. Growth is happening. The results will be bountiful.</div></div>	<div><div><div>Aquarius</div><div>Jan 20 - Feb 18</div></div><div>If you value your skills and use them, a brilliant idea will be influential and you will gain recognition and respect, and access encouragement that enables you to make progress.</div></div>	<div><div><div>Pisces</div><div>Feb 19 - Mar 20</div></div><div>Remember as we grow older, we become wiser. You're ready and willing for the next stage of your life, and to take advantage of the opportunities the Equinox brings your way.</div></div>

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DESERT

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MEDI SPA

Our Services:

-Rapid weight loss

-Lymphatic drainage massage

-Wart, skin tag, mole removal

-Stretch mark removal

-Scar removal

-Custom medical facials

-Laser hair removal

-Ipl (age spots, rosacea veins, collagen induction)

-Skin tightening, brightening and lifting

-Eczema, psoriasis, acne vulgaris and most other skin conditions

-Real non-surgical facelift

-Tripolar ultrasound

-RF microneedling

-Trifractional skin resurfacing

-Skin peels

-LED therapy (red light, blue light, nur light)

-Stem cells

-Peptides

-Medical grade skincare products

-Dermaplaning

-Mesotherapy

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UNBLEMISHED FIVE STAR RATING



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Interior

Community

Services

Enriching Lives, Strengthening Communities

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

Spaces to visit over a beverage, areas for playing games,

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



United Way helping seniors remain independent.

SPRING DANCE CAMPS

LOVE TO DANCE ACADEMY

Please pack a snack and a water bottle for your dancer(s).

MARCH 24-27

Join us for a fun filled week of dance, music, arts and crafts, storytelling, games and more!

Ages 4+

Dance Camp	1 Day	4 Days
4-6yrs (9am-12pm)	\$40	\$140
7+ yrs (1pm-4pm)	\$40	\$140

MORNING CAMP

4-6 years old

9 AM - 12 PM

AFTERNOON CAMP

7+ years old

1 PM - 4 PM

LOVE TO DANCE ACADEMY

1976 Quilchena Ave

Merritt BC V1K1B8

More Information: info@lovetodancebc.com



SPACE FOR YOUR AD

TEL 250 378-5717

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Repairs, upgrades, on-site service

Joe 604-377-0274



K'en T'em

ENVIRONMENTAL

Water Monitoring, Fish and Aquatics
Wildlife Monitoring, Terrestrial Services
Environmental Planning
Environmental Reporting

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



Citxw Nlaka'pamux Assembly

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 letter and resume to:

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





MERRITT MORNING MARKET

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 Library, Tuesdays 10am - 2pm

MERRITT ART GROUP

Welcomes All Artists!

Merritt Library
Every Tuesday
10am-2pm

Drop-in, casual,
no charge

Work on your
own paintings
in a relaxed
& supportive
setting

Network with
other artists

This is non-instructional,
not a beginner's class.
Must have your own supplies

Enjoy the camaraderie of
other artists

Interested? Contact Gail 250-378-9170 or Shirley 250-378-9442





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MERRITT MORNING MARKET

MONDAY EDITION — MARCH 17, 2024 #4073
Box 2199, Merritt, BC V1K 1B8 T: (250) 378-5717 F: (250) 378-2025 E: market@uniserve.com

PERSONAL

ARE YOU BULIMIC or do you suffer from compulsive over-eating? We carewe offer hope. Contact: oa.org for info. on: face-to-face, and Zoom meetings. Overeaters Anonymous is a based on the 12 steps. FMI R.B at PO Box 1889, Stn. Main, Merritt, BC, V1K 1B8

LOOKING FOR SOMEONE to deep clean 2-bdrm mbl home in town \$25/hr cash 378-7435

LOOKING FOR SOMEONE to help me with the use of my Cricut Explorer Air 2 and the understanding of the program . Please call or text 378-7950

LOOKING FOR A LIVE-IN CARE-GIVER. FMI 778-255-0437

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

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 Church, 1899 Quilchena Ave.

SERVICES

JOE, THE COMPUTER GUY. Repairs, upgrades, on-site service 604-377-0274

HOUSE & YARD MAINTENANCE: Landscaping, fencing, painting, home repairs, tree removal, hedge clipping, gardening, weeding, etc. 315-8087

SHELLY'S BANNOCK & Catering & other goodies 936-8368

BONDABLE Services. Laundry, house cleaning, errands ect. Discount for seniors. 604-210-6597

DOG GROOMING (All Sizes). I have a few openings for new clients, located 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 the middleman@shaw.ca Fast service,

TOPS: Take Off Pounds Sensibly weight loss support group Meet Tuesday mornings. FMI Iris 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

FOR SALE - APPLIANCES

AIR COND. 12,000btu, 19"x21.5"x14" high \$300. Brian 936-8547 aft 6pm

USED DYSON vacuum cleaner, gd wrkng cond. just too heavy for me. Asking \$250 firm. 378-8838

CUISINART portable lp gas grill in very good shape \$100 378-6787

INGLIS flat top elect stove \$150. **24" elect stove,** Danby 1 yr old \$250 280-0543

NOMA portable a/c, model 04351310, 14,000 btu. 315-9661

DEHUMIDIFIER paid \$300 sell \$150. hardly used 378-2837

FOR SALE - AUTOMOTIVE

FOUR 235/65R17 winter snow flake tires, sell together only, 60% tread. \$150.00. phone 250-315-2249

2000 DODGE Dakota 4x4, 4.7ltr V8 auto, just had mtr replaced at Rivershore Dodge & nw radiator \$3500obo or consider trade. Brian 936-8547 aft 6pm

4-P245X75RX16 m+s tires. 80% tread. \$200 378-4947

RUNNING brds w/ mounting brckts, blk, brnd nw, 79"lx6" for Dodge 1500 \$700 Brian 936-8547 aft 6pm

4 ALL-SEAS. Goodyr tires 235/45R19", used 6 mos \$800obo 936-8330

2005 FORD F350 diesel truck, canopy and extended cab, 170,300 Km + all upgrades. Exc cond. \$22,000. 280-2540

FOR SALE - PETS / LIVESTOCK

RAMSHORN snails \$5 ea (604)210-6597

2 CATS, FREE. Cats accessories included to go with the cats. Text 315-8415

5-GAL. heated bucket \$45. 1-gal. heated bucket \$35. 2 5-gal. flat-back buckets \$30/both. Galvanized chicken fount w/ heated base \$100 378-3496

FOR SALE - MISCELLANEOUS

RESTAURANT EQUIP: stove, dp fryer, cold tbl, commerc. sink, tbls, chairs, plates, cutlery, smallware, more \$8000 for the lot. Brian 936-8547 aft 6pm

ROCK/cement flower planter \$75. Antique dbl bed for house/garden\$40. Antique **doll crib** \$50. Antique elect. auxiliary **heater,** copper/chrome, fancy \$50 378-9645

2 STAINED GLASS doors, glass knobs & hardware \$250. 378-9645

ANTIQUE Blaupunkt cabinet tube radio w/ record player & glass side cabinet, made in Germany \$300 378-4031

SALOON lamps, double globe, brass, pair, tall \$160. 378-9645

FARM FRESH FREE RANGE EGGS for sale \$6 per doz. Call or text 604-839-8383

POWER wheelchair, exc. cond., power tilt, incl batt. & charging unit \$9000 378-9699

JIGSAW PUZZLES 500 & 550 pce. \$5 ea. 378-5691

RECLINING push chair, exc cond, nw back, incl misc. hardware (new) \$4000 378-9699

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

#VANLIFE 2 Sortera wht Idea storage bins, 16-gal., made in Spain, angled on 1 end, exc cond \$30/both firm 378-9443

UNPASTEURIZED raw honey: \$40 for 8 cups, \$20 for 4 cups, \$10 for 2 cups, \$5 for 1 cup. 378-4947

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

FOR SALE - FURNITURE

LOW PROFILE bed, nvr used, with padded black vinyl h/f boards, nw matr. w/cover & 3 pillows. \$175. 315-2249

RECLINER \$300 378-4619

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

4-PC qun-sz bdrm set. **China cabinet** & hutch, drk wd, sell together or sep. Brnd nw **rocker/recliner,** tan col. 378-9607

FOR SALE - ELECTRONICS/SOFTWARE

ROLAND CD-2E SD/CD recorder for sale; record, listen, burn CDs; in perfect condition. \$200. 378-9899

COMPUTER keyboard & mouse \$25. Joann 778-389-9365

VINTAGE BELL @ HOWELL autolod projector with portable screen. \$50. Four KODAK slide trays \$20 378-6787

FREE: 25" Samsung computer monitor, flat screen. HP all-in-one copier/printer/ scanner w/ paper. Joann 778-389-9365

2 BOSE bookshelf indoor speakers \$200/pr. 2 bookshelf outdoor **speakers,** incl lots of speaker wire \$200 378-6915

FOR SALE - RECREATIONAL

SALUSPA inflatable hot tub, lk nw cond \$225 378-6915

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

2600 SQFT SHOP, 16' ceiling, 14' door, 5 ton overhead crane, 3 phase electrical, gas furnace, bthroom, Low. Nicola, Call/ text 604-534-1401

BACHELOR suite, furnished, util incl. Prince Motel 378-6899

2-BDRM bsmt suite n/p, n/s 778-639-0244

WANTED/WANTED TO BUY

TRVL TRLR, in the Nicola Valley area, \$4000-\$6000., under 4600kg 936-8387

LOOKING for a working Am/FM receiver or plus components will pay, text 378-7333

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

FULLY EQUIPPED camper van, Chev/ Dodge preferred \$2000 range, cash 250-460-2004

826 CRAFTSMAN snowblower for parts 378-3496

ANVIL text 315-9789

ISO FREE OR inexpensive cloth love-seat. Text 378-7938

RECORDS, hunting knives, sports cards, Johnny Cash memorabilia. Tom 778-288-4095

FOR SALE HOUSE/PROPERTY

LAND FOR SALE: Build your dream home on an amazing 1.44 acre Nicola River waterfront property at 2299 Burgess Ave. 250-252-5060

EXC COND 2-bdrm Sandpiper apt, grnd lvl, suit. for handicap \$235,000 378-7502

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

6 MOS FREE pad rent. 4-bdrm mobile home, Low. Nicola MHP. Julie 280-9666



K'en T'em

CULTURAL HERITAGE

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



Interior Community Services

Enriching Lives, Strengthening Communities

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!

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Judy Myram
at 250-280-3015 or jmyram@interiorcommunityservices.bcc.ca





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Nicola Valley Arts Council
[@nicolavalleyartsCouncil](https://www.nicolavalleyarts.com)



BRITISH COLUMBIA ARTS COUNCIL
a member of the Province of British Columbia

TNRO
The Nicola River Network of Organizations

BRITISH COLUMBIA
a member of the Province of British Columbia

Merritt
Proudly Under the Sun

MONDAY: 10 AM - 5 PM | TUESDAY: CLOSED | WED. TO SAT.: 10 AM - 5 PM | SUNDAY: 12 PM - 4 PM
2051 VOUGHT STREET, MERRITT BC | WWW.NICOLAVALLEYARTS.COM | INFO@NICOLAVALLEYARTS.COM | 250-378-6515

SPRING DANCE CAMPS

MARCH 24-27

Join us for a fun filled week of dance, music, arts and crafts, storytelling, games and more!
Ages 4+

Please pack a snack and a water bottle for your dancer(s).

Dance Camp	1 Day	4 Days
4-6yrs (9am-12pm)	\$40	\$140
7+ yrs (1pm-4pm)	\$40	\$140

MORNING CAMP
4-6 years old
9 AM - 12 PM

AFTERNOON CAMP
7+ years old
1 PM - 4 PM

LOVE TO DANCE ACADEMY
1076 Quilchena Ave
Merritt BC V1K 1B8

WORD FIT PUZZLE

NICOLA VALLEY INDUSTRIES

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7 Letters
tourism

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education
agriculture
restaurants

13 Letters
accommodation
manufacturing

