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the

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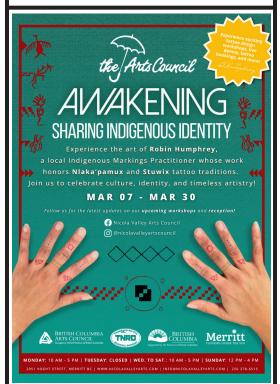


GARAGE SALE SEASON IS **BEGINNING!**

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



TWO-SPIRIT, INDIGENOUS 2SLGBTQIA+ DAY - MAR 19, 2025 #4074 News, opinion, community events since 1996! Box 2199, Merritt, BC V1K 1B8 Tel: (250) 378-5717 Fax: (250) 378-2025 Email: market@uniserve.com

New album from Bobby Garcia

Bobby's latest album The Man I Never Knew - The Nashville Sessions is music he recorded in Nashville, "plus 3 songs I recorded in the last couple



years with Brad Hampton and one special Acoustic song for Wayne MacDonald!", according to him.

Bobby has also recently been featured in an article from MusicCrowns.org: 'If you're a fan of country, this one's got a bit of everything-lighthearted feels, sentimental themes, and beer.

'Bobby's from the Nlaka'pamux First Nations and grew up around music — his family is full of singers and musicians. He loves old-school country like Merle Haggard and Hank Williams Jr., and it shows. He wrote most of the songs, but his cousin Joanne Stacey and her buddy Roger Plante also picked up the pen on 'The Gate'.'

You can stream the new album on all the regular platforms, but Bobby also has CD's! And if that isn't retro enough, it's soon to be released on vinvl as well.

CD's are available at the Legion and the Olde Barley Market Cold Beer and Wine, and soon will be at Yaki Joes. There are only 100 copies, so get yours soon.

Excerpt: www.indiginews.com

Land defenders appeal sentences from TMX trial

April Thomas, Red Deer Billie Pierre and Romilly Cavanaugh were back in court earlier this month after being arrested for breaching TMX injunction in

Secwepemcúl'ecw. During a hearing in "Vancouver" earlier this month, a lawyer representing the trio asked the B.C. Court of Appeal to re-examine their convictions, arguing their sentencing judge had made a series of unfair errors against them during their trial. Lawyer Benjamin Isitt said the appellants — Secwépemc land defender April Thomas, Nlaka'pamux land defender Red Deer Billie Pierre, and settler-ally Romilly Cavanaugh, a former TMX worker — were upholding Indigenous law when they were arrested.

"They believe they had legal duties in these circumstances," Isitt told a threejudge appeal panel on March 3, "arising from Secwépemc and Nlaka'pamux laws to protect the sacred waters of the Thompson River — Simpcwétkwe (North Thompson) in Secwépemctsín -

Community

Bats - out of the darkness

The Nicola Naturalist Society is hosting Liliana Ortega, the BC-Bats Thompson-Nicola regional coordinator. Liliana has worked with bats for many years. She will discuss basic bat biology, why bats are important in our area, why they are under threat and what we can do to help them. It's a chance to learn from an expert about these misunderstood but important critters. Thursday March 20, 7pm at NVIT lecture theatre. All welcome, membership or donation.

Red Cross support for flood victims

The Canadian Red Cross is launching a new one-time financial assistance program for impacted households, including homeowners, tenants, and community-owned homes. Households that registered with the Red Cross during 2021 will be contacted by email or phone. They will be invited to complete a questionnaire to access financial assistance, which aims to help with recovery-related needs and assess ongoing impacts. The deadline to submit the questionnaire is March 21. FMI Canadian Red Cross 1-800-863-6582, Mon-Fri 8:30am-4:30 pm, www.redcross.ca/2021BCFloods.

Open house, Michelle's Healing **Hands Massage**

Come celebrate local home based businesses. Come relax with a Chair massage. Michelle's Healing Hands is hosting an Open House at 2225 Merritt Ave., with a few local vendors from the Nicola Valley and surrounding areas.

Come celebrate with food and great friends. On March 22nd, 11am-3pm. Bring your friends. make sure you get your ticket for a door prize.

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/

History of Life on Earth

The Merritt Library presents a series of 5 free illustrated talks by Al Horne on the history of life on Earth — from the big bang to now. Starts Wednesday, April 2, 6:00pm - 7:30pm, for adults.

and the salmon people who relied on the health of the river to survive."

In early 2022, B.C. Supreme Court Justice Shelley Fitzpatrick sentenced Cavanaugh — a professional engineer who once worked for TMX — to 32 days in jail. Three months later, Thomas received the same punishment, while Pierre was sentenced to 40 days of house arrest.

During their sentencing hearings, Thomas and Pierre argued they were upholding Secwépemc and Nlaka' pamux laws and duties to protect the water, salmon and land. But Fitzpatrick concluded this did not apply to their opposition of TMX.

[Their lawyer] argued [the judge] had failed to ensure a fair trial in late 2022, and had erred in four key areas of law. He argued these include rejecting witnesses, not considering each defendant's state of mind, not helping them navigate the legal process, and whether the TMX injunction zone was clearly marked.

[He] said [the judge] "had closed her mind to conducting the obligatory, individualized mens rea inquiry that the law says she had a duty to conduct." That could have given more weight to their Indigenous values and beliefs in their arguments, he continued — leading to a "failure to consider the evidence and available defences from an Aboriginal perspective."

If their appeal succeeds, it could lead to a retrial at the B.C. Supreme Court. The Court of Appeal could decide the matter within the next year.

More political quotes

fertility.' "I deny the allegations, I defy the allegators."

"Let's do this in one foul swoop."

"To be demeanered like that is an exercise in "I would like to take this time to reirritate my remarks."

"We have a permanent plan for the time being." "Family planning has many misconceptions."

Friendly, professional service from people who care.

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2037 Quilchena Avenue, Merritt BC 250-378-2155

Our Services:

-Rapid weight loss -Lymphatic drainage massage

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

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-Real non-surgical facelift

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light, nur light)

-Stem cells -Peptides

-Medical grade skincare products -Dermaplaning



UNBLEMISHED FIVE STAR RATING



To book 250-936-9200

1751 Granite Ave., Merritt ~ by appointment only



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

This time of connection, with light lunch, is open to all Elders

and seniors in community

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 **Better**





SPACE FOR YOUR AD TEL 250 378-5717 MARKET@UNISERVE.COM MERRITTMORNINGMARKET.COM

JOE, THE COMPUTER GUY

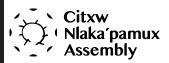
Repairs, upgrades, on-site service Joe 604-377-0274



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 — MARCH 19, 2024 #4074 Box 2199, Merritt, BC V1K 1B8 T: (250) 378-5717 F: (250) 378-2025 E: market@uniserve.com

ARE YOU BULIMIC or do you suffer from compulsive over-eating? We care .we offer hope. Contact: oa.org for info. on: face-to-face, and Zoom meetings. Overeaters Anonymous is a based LOOKING FOR SOMEONE to deep clean 2-bdrm mbl home in town \$25/hr 4 STUDDED WINTER tires, 225 x Brian 936-8547 aft 6pm cash 378-7435

me with the use of my Cricut Explorer
Air 2 and 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 al-

coholics) every Monday @ 7pm Trinity United Church Hall ELKS EVENTS: Every Wednesday Bingo, doors open 11am, ends 3pm. Ev-

ends 10pm. 1701 Coldwater Ave. NA MEETINGS are held each Tues, 5-GAL heated bucket \$45. 1-gal heated Lever action. \$1700 250-755-6817

AA MEETINGS Wed., Fri., Sat. At heated base \$100 378-3496 7pm, Mon. Noon at Trinity United Church, 1899 Quilchena Ave. SERVICES

1899 Ouilchena Ave.

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

& hardware \$250. 378-9645

ANTIQUE Blaupunkt cabin DOG GROOMING (All Sizes). I have

off Iron Mountain Road... please text or leave a message 604-220-7353 SALOON lamps, double globe, brass, pair, tall \$160. 378-9645 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 groupMeet Tuesday mornings. FMI Iris 378-8182

CERTIFIED TREE FALLER, w/ wd ea. 378-5691

EAGER, RELIABLE man w/ 4x4 378-9699 truck & trailer, avail. Dump runs, deliveries, plywood, sand, gravel, appl., housewares Greg 315-7525, (250)320-

EMPLOYMENT OPPORTUNITY

resumes at the Legion Lounge in person or email to legion096@outlook.com

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 ver- & 3 pillows. New Price \$75. 315-2249 ry good shape \$100 378-6787

INGLIS flat top elect stove \$150. 24" NOMA portable a/c, model 04351310, pr 378-9645 14,000 btu. 315-9661

FOR SALE - AUTOMOTIVE

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

auto, just had mtr replaced at Rivershore condition. \$200. 378-9899 Dodge & nw radiator \$3500obo or consider trade. Brian 936-8547 aft 6pm

\$200 378-4947 RUNNING brds w/ mounting brckts, KODAK slide trays \$20 378-6787 blck, brnd nw, 79"lx6" for Dodge 1500 FREE: 25" Samsung computer monitor,

\$700 Brian 936-8547 aft 6pm

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

and extended cab, 170,300 Km + all upgrades. Exc cond. \$22,000, 280-2540 **4 WINTER** tires, 225/65/17, 65-70%

\$10,000. 6-spd standard 4x4 New \$225 378-6915 brakes/rotors/callipers/spark plugs/coil 1998 5TH WHL trvl trlr, 27', 9400lb, packs. Apple car play 604-818-0191 a/c, stereo/tv, read kitch. \$6500obo or

on the 12 steps. FMI R.B at PO Box left on them,4 tires, rims \$100 280-1413 8.31 Cummings diesl, Allison Trans., 1889, Stn. Main, Merritt, BC, V1K 1B8 SPARE TIRE carrier fits 65 Ford Thunderbird \$1900 Joe 378-5100

55R18, Nordman, 80-90% tread, hardly used. 525-1400

Pick Up with solid Tonneau Cover. Good Tires. AWD 213,000 kms. Runs Well, needs some electrical work. Clean truck. \$3500 280-1413

TWO NEW 8.5-ft Barclay sound wooden oars \$150 378-6787

FOR SALE - PETS / LIVESTOCK

ed to go with the cats. Text 315-8415

Thurs & Sun 7pm at the United Church, bucket \$35. 2 5-gal. flat-back buckets \$30/both. Galvanized chicken fount w/ FOR SALE - MISCELLANEOUS

> RESTAURANT EQUIPT: 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

ANTIQUE Blaupunkt cabinet tube radio a few openings for new clients, located made in Germany \$300 378-4031

> FARM FRESH FREE RANGE Hardly used. \$2000. 315-2898 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

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

RECLINING push chair, exc cond, nw back including push chair, exc cond, nw back includi

MILK container for farm milk \$40 Joe FULLY equipped camper van, Chev/Dodge

bins, 16-gal., made in Spain, angled on parts 378-3496 1 end, exc cond \$30/both firm 378-9443 PART-TIME BARTENDER. drop off UNPASTEURIZED raw honey: \$40 for resumes at the Legion Lounge in person 8 cups, \$20 for 4 cups, \$10 for 2 cups, \$5 for 1 cup. 378-4947

House Quilting & FOR SALE HOUSE/PROPERTY
sewing notions from LAND FOR SALE: Build your dream GRANNY'S House Pat's Patches 378-3734

FOR SALE - FURNITURE

DOUBLE BED, nvr used, with padded black vinyl h/f boards, nw mattr. w/cover RECLINER \$300 378-4619

ANTIQUE fancy walnut end tables w/ elect stove, Danby 1 yr old \$250 280-0543 drwr & shlf, for lvingrm or bdrm \$160/

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 2000 DODGE Dakota 4x4, 4.7ltr V8 sale; record, listen, burn CDs; in perfect

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

jector with portable screen. \$50. Four door. Call or text 604-534-1401

flat screen. HP all-in-one copier/printer/ scanner w/ paper. Joann 778-389-9365

2005 FORD F350 diesel truck, canopy \$200/pr. 2 bookshelf outdoor speakers, 2-BDRM bsmt suite n/p, n/s 778-639-0244 2 BOSE bookshelf indoor speakers FOR SALE - RECREATIONAL

2 SWIVEL boat seats \$50 315-3155

2006 TOYOTA Tacoma Access Cab SALUSPA inflatable hot tub, lk nw cond

a/c, stereo/tv, read kitch. \$6500obo or P235/75R15 UNIROYAL Rallye m+s consider trade. Brian 936-8547 aft 6pm on 6-bolt Nissan rims a season of wear 1993 38' MOTORHOME, Pace Arrow, left on them, 4 tires, rims \$100 280-1413 8.31 Cummings diesl, Allison Trans. dual a/c, rns extremely well \$19,000 obo

OXFORD motorcycle tank bag, , magnetic, expands to 30ltr, converts to backpack, waterproof, has map reader, gd shape 378-1843 aft 5pm

SLEEPING BAG by Chinook, called the beast. Good to -40. Nw/nvr used. LANGSHAN rooster free to gd home, \$300, they are \$450 new. 250-755-6817 only 6 mos old, beautiful & great in a LOADING ramp for ATV Joe 378-5100 flock. We had 4, nd only 1. 604-309-4823 **LEFT HANDED** 308 Savage Axis rifle 8 RHODE ISLAND red chickens, 1 year 1k nw condition. Rifle sited in, less than old, all are laying \$15 per bird 378-28325 30 rounds shot. Vortex diamond back **RAMSHORN** snails \$5 ea (604)210-6597 12x40 scope. \$600 with scope \$400 withery Friday Nite Bingo, doors open 4pm, 2 CATS, FREE. Cats accessories includ- out scope. Or trade for 30/30. 280-4004 CHIAPAS 44 MAG Alaskan takedown

FOR SALE - TOOLS/EQUIPMENT

SMALL 4x8.5 boat trlr has longer & heavier reach than usual, 2 dry boxes & boat rack gd sz for dump rns, oldr but wrks gd \$250 315-3155

2 LARGE wood stoves, 1 Ashley & other \$250ea 280-0543

SANDBLASTER 36"x24"x24", vry gd cond. Joe 378-5100

18"X42" mower blade, off riding lawnmower \$200obo 378-7057

DELTA DUST COLLECTOR AP400 like new \$200 378-6787 CRAFTSMAN 2x42 Belt 8 Disc Sand-

er/Grinder, Model No 351 286380 \$175 378-6787 w/ record player & glass side cabinet, WOOD heater, Osbourne, heats 1500 sq. ft house \$600 hardly used 315-5018 YAMAHA 3000 WATT generator EF3000iSE, remote start, new battery.

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 back, incl misc. hardware (new) \$4000 the weight of 1500 lbs for under \$5000. suzannesaumure@hotmail.com

pref'd \$2000 range, cash 250-460-2004 #VANLIFE 2 Sortera wht Idea storage 826 CRAFTSMAN snowblower for

ANVIL text 315-9789

ISO FREE OR inexpensive cloth loveseat. Text 378-7938

FOR SALE HOUSE/PROPERTY

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 FOR RENT

4000SOFT 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 4-P245X75RX16 m+s tires. 80% tread. VINTAGE BELL@HOWELL autoload lease, Radiant heat, bathroom, 12'x12' 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.

2040 BIRCH AVE, #3 2-bdrm, 1-bth newly remodelled, nw floors & paint \$1500. John 425-772-3400



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

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

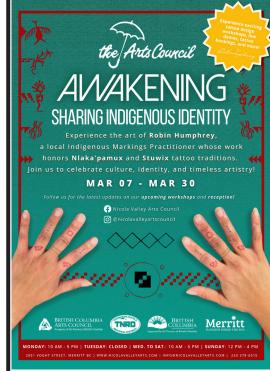
Time: 11:00am to 2:00pm

Location: ICS - 2040 Granite Avenue Spaces to visit over a beverage, areas for playing games,

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

at 250-280-3015 or imyram@interiorcommunityservices.bc.ca **Better** *Home







WORD SCRAMBLE

FAVOURITE NICOLA VALLEY GARDEN FLOWERS

1. sllcia 7 csoom 2 ucrcos 8 enccaeahi 3 xpolh 9 ufnrloswe 4 suilpt 10 oeeipn 5 iisr 11 Idlyiya

6 ykloohchl

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