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**GROUNDHOG DAY EDITION - FEBRUARY 2, 2026 #4192**  
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**Art Therapy in Merritt**

Art Therapy sessions are now being offered by Jennifer Chemago at The Nicola Valley Arts Centre

Jennifer is a certified Art Therapist  
With The Vancouver Art Therapy Institute

For Further Information  
Please visit [www.arttherapywithjennifer.com](http://www.arttherapywithjennifer.com)  
or email Jennifer at [jchemagoarttherapy@gmail.com](mailto:jchemagoarttherapy@gmail.com)



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**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:

**CNA - Elders Coordinator**

**CNA - Human Resources Support Clerk**

**CNA - nle?képmx Guardian Coordinator**

**CNA - Special Projects Lead**

**CNA - Territorial Stewardship Assistant - Interim  
Leave Coverage**

Interested applicants are encouraged to submit their cover letter and resume to:

Citxw Nlaka'pamux Assembly

Email: [HR@cna-trust.ca](mailto: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!

Follow the link: [https://employment.cna-trust.ca/job-postings\\_join\\_our\\_team.htm](https://employment.cna-trust.ca/job-postings_join_our_team.htm)



## Linda Suzuki, artist in residence

The NV Community Arts Council has launched their first-ever Artist in Residence program, with artist Linda Suzuki. Linda will be working at the Arts Centre three times a week, and you can watch, take pictures, and chat with her during her breaks about her art and process.

Linda will be working at the Arts Centre on Tuesdays and Thursdays from 10 am to 1 pm and Sundays from noon to 2 pm.

## Clean power for AI & data centres

BC's AI sector is growing and there is growing recognition of the importance of data centres to protect and secure Canadian data. At the same time, to responsibly manage the growth of AI and data centres, and balance critical energy needs, the Province has made changes that will prioritize electricity service to projects in these emerging sectors that provide the greatest benefits and jobs for people in British Columbia, and do so at an appropriate pace.

Through Bill 31, the Energy Statutes Amendment Act, and a new regulation, there is now a requirement for prospective AI and data-centre projects to take part in a competitive selection process to access clean electricity.

BC Hydro will implement this legislation through the 2026 call for demand for emerging industries. The process provides a clear and predictable path, from application and screening to feasibility studies and final bids. Projects will be assessed based on price and their economic, community, data sovereignty and environmental benefits.

The allocation targets for these projects are for as much as 400 megawatts for the first two years.

Projects that are well advanced in BC Hydro's interconnection queue will continue under the existing process if required agreements or deposits are in place. To learn more about how B.C. is powering growth with clean energy, visit: [www2.gov.bc.ca/gov/content/employment-business/strong-economy/clean-energy](http://www2.gov.bc.ca/gov/content/employment-business/strong-economy/clean-energy)

## Community

### SD58 'Potential School Closure' mtgs

The final Potential School Closure meeting will be held for the Coldwater Indian Band, Feb 2 5pm, Coldwater School Gym. FMI [www.nssd.ca/school-closure-process](http://www.nssd.ca/school-closure-process)

### Tobogganing Races

Feb. 7th, 2026. Registration forms can be found the Merritt Library & Breathe Bikes or register online @ eventbrite. (\$12 per entry). Early registration includes free lunch. FMI, text Cecilia 250-315-0022 or email [gcdyck@hotmail.com](mailto:gcdyck@hotmail.com)

### Local Int'l Women's Day nominations

If you have any amazing women in your life that you would like to recognize, please let the NV Int'l Women's Day committee know! Every year on March 8, they celebrate the women in our community who are working hard to create and support positive changes, and a healthy community. Please nominate those women who have positively influenced your life, the lives around you, or the community. The deadline for nominations is February 13, 12noon, email: [nvwomeninaction@gmail.com](mailto:nvwomeninaction@gmail.com). Include contact info for you and your nominee and the reasons for nominating, 1 per person.

### BC Family Day weekend events

On Saturday, Feb 14, bring the family to celebrate BC Family Day weekend, and take part in the City of Merritt's free activities. **Free family party & games activities:** Soccer, floor hockey, facepainting, ski ball, air hockey, face painting, crafts, and other games. Concession, cash only. Civic Centre East & West Auditorium, 10:30am-12:30pm **Free family swim:** concession cash only, by the Girl Guides. Nicola Valley Aquatic Centre, 1-5pm.

### Heritage Week open house

The Nicola Valley Museum and Archives is hosting Heritage Week at the museum, with an open house on Thursday, February 19th from 4pm-7pm. This year's theme is 'Stir The Pot' and it is about celebrating food as a means of culture. There will be displays, refreshments, and old recipes available!

### 'Shoes wisely' — John Fluveog

**The boss looks over the gentleman's resume** and says "Wow, I'm impressed. It seems like you've got everything needed for the job. But there's a 4 year gap in here. What happened there?" The gentleman responds "Oh, that's when I went to Yale." The boss is now super impressed and hires the man on the spot. The man immediately calls his wife. "Hey honey, I got the job!"

**My son asked me** what "inexplicable" means. I said, "It's hard to explain."

**Night vs Morning.** At night: I can't sleep. In the morning: I can't wake up.

**HUSBAND: When I get mad at you,** you never fight back. How do you control your anger?

**WIFE: I clean the toilet.** HUSBAND: How does that help? WIFE: I use your toothbrush.

## THIS WEEK'S HOROSCOPE



**Aries**  
March 21 - April 19

This week, consider what's on offer with unconditional love, and what you'll gain. A bargain is possible. Monumental cosmic shifts are heading your way!



**Taurus**  
April 20 - May 20

Make happiness your quest this week. With innovative Uranus turning direct in your sign, you're being gifted with imaginative ways to find pockets of joy.



**Gemini**  
May 21 - June 20

You may not have chosen this, and you've got an idea about it, and someone else has another. Give them the benefit of the doubt. This situation holds exciting potential.



**Cancer**  
June 21 - July 22

Something big has to happen to make us question bad habits. This week invites you to reconsider a way of being and explore an exciting new development. Go for it!



**Leo**  
July 23 - Aug 22

Much depends on how we choose to see things. And there are always two sides. But there really is only one way to view a situation in your emotional life. This week brings clarity.



**Virgo**  
Aug 23 - Sept 22

It seems the more you doubt yourself, the more you're going to complicate something simple. Keep going. This week brings evidence that your faith is justified.



**Libra**  
Sept 23 - Oct 22

This week, your ability to listen to someone's views, which everyone else is dismissing as irrelevant, offers insight that enables you to make a decision. You gain an exciting advantage.



**Scorpio**  
Oct 23 - Nov 21

Nothing wrong with being ambitious. This week, if you declare an intention, and start moving in a direction that feels right, you'll be delighted by the progress you make.



**Sagittarius**  
Nov 22 - Dec 21

If you change your approach where you're expecting difficulties, you'll change the dynamic. By shining light onto this, you'll find a way forward that shows signs of real hope.



**Capricorn**  
Dec 22 - Jan 19

Before you let a wave of change sweep over you, ensure it won't wash away anything you want to keep. If you're anchored in your truth, you'll be supported.



**Aquarius**  
Jan 20 - Feb 18

This week, your agile, open-minded approach to a confusing situation can open other folks' minds to a more enriched perspective, which leads to a collaborative way forwards.



**Pisces**  
Feb 19 - Mar 20

We don't always come across the way we think. If you accept that you made the best decision possible in the circumstances, you'll have confidence you did the right thing.

**BAILIE HOUSE WINE RACK SILENT AUCTION**



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**the Arts Council**  
Nicolia Valley Community Arts Council

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HOURS: Mon-Sat 10am-5pm  
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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:

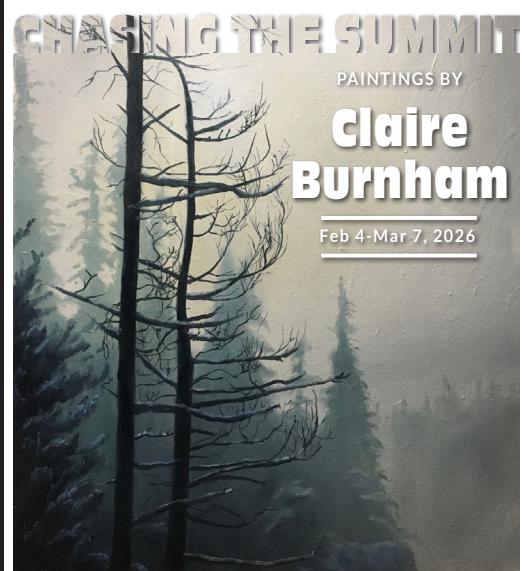
CNA - Elders Coordinator  
CNA - Human Resources Support Clerk  
CNA - nle?képmx Guardian Coordinator  
CNA - Special Projects Lead  
CNA - Territorial Stewardship Assistant - Interim Leave Coverage

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!  
Follow the link: [https://employment.cna-trust.ca/job-postings\\_join\\_our\\_team.htm](https://employment.cna-trust.ca/job-postings_join_our_team.htm)



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



Feb 4-Mar 7, 2026

COME VISIT THE GALLERY AT THE NICOLA VALLEY ARTS CENTRE  
HOURS: 2051 VOUGHT ST., ENTER BEHIND KUKULI CAFE  
Mon-Sat 10am-5pm Sunday 12-4pm



2051 Voight St., Merritt, BC | [www.nicolavalleyarts.com](http://www.nicolavalleyarts.com) | curator@nicolavalleyarts.com | 250-378-4515

Connect and Play with the MERRITT PICKLEBALL CLUB!  
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MONDAY EDITION — FEBRUARY 2, 2026 #4192  
Box 2199, Merritt, BC V1K 1B8 T: (250) 378-5717 F: (250) 378-2025 E: [market@uniserve.com](mailto:market@uniserve.com)

#### SALES

VALENTINE CRAFT MARKET & pancake breakfast. Feb 7, 9am-2:30pm at the Elks Hall 1702 Coldwater Ave. Raffle tables, concession, lots of new vendors

CRAFT MARKET & BAKE SALE

Shulus Hall Feb 7 10am-5pm. Raffle & door prizes, local artisans, handmade products, concession

COMMUNITY YARD SALE, Civic Centre, SAT, MARCH 21, 8am-2pm. To register as a vendor, [recreation@merritt.ca](mailto:recreation@merritt.ca) 250-315-1050, \$5/table max 3 tables

#### PERSONAL

LOST: Chain w/ medallion 315-7771  
FOUND CAT, Appeared at Sunshine Valley address: Shorthair tortoiseshell young female cat. 378-6540

DISABLED PERSON NEEDS OCCASIONAL HELP for odd jobs around the house (house cleaning, shovelling, etc). You should be strong, thinking and energetic with a good outlook on life. Please text 250-378-7938

GOING AWAY ON HOLIDAYS? Nd someone to care for your home or smr farm? Bill, reliable, honest 315-3621

LOST: keychain with change purse. Navy blue arrowhead beadwork w/ lanyard, Ford key & PO key, ID in change purse (status card & care card), between Post office & Black's on Nov 24. Please just need ID back. 525-0406

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

MISSING: 2 sets of 2 silver matching keys & 1 single key w/ blank photo tag attached. Call/text Gilbert 250-828-0582

DO YOU PLAY VIOLIN? Join our string ensemble group. Practice Wednesdays evenings. Text Cecilia 315-0022

ALANON (for friends & families of alcoholics) every Monday @ 6pm 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.

AA MEETINGS Wed., Fri., Sat. At 7pm, Mon. Noon at Trinity United Church, 1899 Quilchena Ave.

#### SERVICES

NEED CORPORATE planning, business wealth account, collateral loans, key person insurance, etc 778-630-0323

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

TC PAINTING, licensed, insured. Returning to work, taking small jobs for now. Or if more time, we can discuss. Tina 604-767-4866

NEED HELP AT HOME? I offer professional, flexible, reliable, friendly, and dependable cleaning and caregiving services. Please call or text: 250-879-5383

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

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

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FOR SALE - APPLIANCES

MICROWAVE new 1200W family size

Panasonic Genius \$150 378-5394

FRIGIDAIR stove, 2 yrs old \$250obo.

Vitara fridge, 10 mos. old \$400obo.

Amana washer & dryer, 4 yrs old \$300/

pr obo 280-0543

FREEZER, smaller approx. 2'x4'. Calif-778-586-8362

COUNTERTOP dishwasher, hardly used, 3 yrs old \$300 250-289-4759

FREE: 4-bmr prop. range (604)312-1954

A/C \$100. Calvin 778-586-8362

FOR SALE - FURNITURE

VINTAGE Half Canopy single bed.

frame \$75 378-6787

SINGLE SIZE solid wood storage bed

frame with 3 drawers and a headboard

in great condition for \$100obo 315-9713

DOUBLE BED with box spring, frame,

stands and set of sheets, gd condition just

no room \$125obo. 4 bar stools, like new

\$125 all 4 obo. Pedestal sink \$40. Rock-

ing chair \$40. 2 swivel rocking chairs,

light rose in colour, very nice looking

\$375obo. 378-7333

SOLID WOOD kitchtbl, 2 leaves, 6

chairs \$85 378-1835

WOOD table w/ 6 chairs, 2 leafs, ex-

shape \$300obo. Other furniture: dressers,

china cabinet, etc. etc. 280-0543

HARDWOODtbl & chairs \$50obo.

Solid hardwood dresser & mirr. \$50obo

Debra 250-718-3740

FOR SALE - AUTOMOTIVE

ARCTIC AIR a/c 5000btu 18.5wx-

15.5dx12'h \$25. Kenmore a/c 12,000btu

18wx15dx22 \$100. Wshr/dryer \$300/

pr. Elect. fireplace w/ remote \$100. Gas

stove, dbl oven, Americana \$150. Inglis

fridge \$75 315-0415

MICROWAVE \$30 378-0838

DLX high-back leather padded desk/office chair, lk nw \$100 378-9169

FILE CABINET 4 drawer legal size

\$75. Oak queen headboard and bed

frame \$25. Matching oak large dresser

with mirror \$75. Royal Dalton Country

Roses china set \$300. Bob 250-574-3598

FOR SALE - ELECTRONICS/SOFTWARE

4 MAG 15" rim & centre caps for Fod

Ranger, all gd shape 315-7771

1991 FORD F150 4x4 378-7124

4 MICHELIN A/T tires 275-65-R18, tires

were take offs, lk nw \$400 280-0769

95 CHEVROLET Crew Cab Pickup

Truck \$1500obo 315-0011 Aspen Grove

SET OF 4 TIRES, good rims, 245-17

winters for Ford \$400. Calvin 778-

586-8362

ALUM. dry box combination tonneau

cover for full size pickup truck with 6 ft.

box. \$450obo. 315-2080

4 SALIUN tires 205/55/R16 M+S, used

for 5 months \$225 378-2226 after 5pm

PARTING OUT: 2010 Ford F150, Lots

of good stuff, Various prices or take truck

for \$700 Text 250-936-8982

TIRE: Five 185/65R15 snowflake.

Two 215/65 17" wtrn snowflake M&S.

Two 215/55R17 winter snowflake. Four

195/65 16" snowflake. Four 185/65R15

winter studded, brnd nw. Rick 936-8885

2005 DODGE 1500 4x4 SLT, auto, quad

cab, 4 tires w/ snowflake last yr, gd glass,

vr yrd cond, vry reliable, lots work done,

220,000km, \$8000obo. Greg 315-7525

FOR SALE - PETS / LIVESTOCK

TWO BEAUTIFUL large Angel Fish

15/pair. 936-9912

6-8 PIGEONS with a good metal roost

for them, to give away. 378-4947

30-GAL. fish tank, LED lights, 2-in-1

filter pump, bubble pump, gravel, ornaments,

fish net, hand-held cleaner for

glass \$250 315-3981

6 FT HINGED plastic dog ramp (astro

turf lined for traction) \$95. Large well

built dog house (insulated, aluminum

roof, wavey-edged cedar siding) \$15