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2025-Unit A Granite Ave., Merritt



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**WORLD CANCER DAY EDITION - FEB 4, 2026 #4193**  
News, opinion, community events since 1996! Box 2199, Merritt, BC V1K 1B8  
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Patti - 778 865 0533

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PAINTINGS BY  
**Claire Burnham**

Feb 4-Mar 7, 2026

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Sunday 12-4pm

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**the Arts Council**  
Nicola Valley Community Arts Council

2031 Voght St., Merritt, BC | [www.nicolavalleyarts.com](http://www.nicolavalleyarts.com) | [curator@nicolavalleyarts.com](mailto:curator@nicolavalleyarts.com) | 250-378-6515

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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)



## Concern about crossing the US border

B.C.'s Citxw Nlaka'pamux Assembly has decided not to proceed with a planned trip to the *Celebrating Salish Conference* in Spokane, WA, citing "consideration for safety concerns."

The Assembly's Madelynn Albert says that the decision to cancel their attendance at the *Celebrating Salish Conference* was made out of an abundance of caution, and after hearing expressions of concern from Elders.

"We're respecting the feelings of community members. In the last year or so I've heard that the recommendation [if travelling to the U.S.] is to take ID. If our community members choose to travel to the States, they should take the same precautions we're seeing elsewhere."

It joins other First Nations Bands and organizations that have warned its members about travel to the United States in the current climate.

On Jan. 23 the Assembly of First Nations issued an "Important Travel Advisory." The advisory noted that AFN has heard reports that some First Nations citizens have been subjected to "increased questioning and detainment by U.S. Immigration and Customs Enforcement (ICE)."

Any First Nations members travelling to the U.S. are being advised to carry valid identification, including a Status Card. "Please note that federal law enforcement may not be familiar with Tribal IDs," the advisory continues. "If an ICE agent does not accept your Tribal ID as identification, the Native American Rights Fund recommends that you request to speak to their supervisor."

On Jan. 30 the Upper Nicola Band issued a warning to members, stating that Band leadership has become "increasingly concerned about the political unrest currently unfolding in the United States which we fear could be unsafe for First Nations People. "[W]e have issued a travel advisory regarding travel to the U.S. and urge all members who must cross the border to take precautions and be aware of their rights."

The Band cites the Jay Treaty, which was signed in 1794 between Great Britain and the United States. Article III states that it allows "Indians dwelling on either side of the said boundary line, freely to pass and repass, by land or inland navigation into the respective territories and countries of the two parties on the continent of America." The right has subsequently been codified by the United States in the Immigration and Nationality Act of 1952.

However, the Upper Nicola Band notes that although the Jay Treaty "reaffirms our right to travel freely to and from the United States, we expect that not every federal law enforcement officer and ICE agent will be familiar with our rights to cross the border freely." The warning comes after tribal leaders in the U.S. reported Native Americans there have been stopped, detained, or harassed by ICE agents, or arrested during the country's ongoing crackdown on illegal immigrants.

Excerpt: *Barbara Roden*, [clearwatertimes.com/2026/02/02/b-c-first-nations-organization-cancels-u-s-trip-amid-travel-concerns/](http://clearwatertimes.com/2026/02/02/b-c-first-nations-organization-cancels-u-s-trip-amid-travel-concerns/)

**Did you hear the chickpeas joined the choir? They're gonna hummus a song.**

**I burned 193 calories** on the treadmill today... which sounds impressive until you realize it took me 45 minutes to find the "stop" button.

**What's the difference between** a cantaloupe and an antelope? One is seedy while the other is speedy.

**My wife and her sister** fell out on a holiday trip... The rest of the balloon flight was peaceful!

**My friend asked me** if I was ready to go to n\*dist party I said, "I was born ready"

**What do you call a person** with a rubber toe? Roberto.

**Beer is made from hops.** Hops are plants. Therefore beer = salad.

**I said I love you so much.** I can't live without you. My girlfriend asked me, "Is it you talking or the beer?" I innocently answered her, "I was talking to the beer."



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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!

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WEDNESDAY EDITION — FEBRUARY 4, 2026 #4193  
Box 2199, Merritt, BC V1K 1B8 T: (250) 378-5717 F: (250) 378-2025 E: 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 a vendor, 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 sml farm? call 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

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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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

LIST YOUR JOB. List your employment opportunity here, no charge. 250-378-5717, market@uniserve.com

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

ARCTIC AIR a/c 5000btu 18.5wx15.5dx12'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

FREE: 4-brmr prop. range (604)312-1954 A/C \$100. Calvin 78-586-8362

MICROWAVE \$30 378-0838

#### FOR SALE - AUTOMOTIVE

4 MAG 15" rim & centre caps for Ford Ranger, all gd shape 315-7771

5 MAG F150 4x4 378-7124

4 MICHELIN A/T tires 255-65-R18, tires were take offs, lk nw \$400 280-0769

5 CHEVROLET Crew Cab Pickup Truck \$1500obo 315-0011 Aspen Grove

SET OF 4 TIRES, good rims, 245-17

winters for Ford \$400. Calvin 778-8632

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 Tex 250-936-8982

TIRES: 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, vry gd 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) \$150 firm. Large Petmate portable plastic dog kennel \$135. Earl 378-5038

MUSKOVY & Cayuga ducks 378-4476

2 MALE kittens to grt homes 250-682-2012

PITBULL puppies born Feb 28, ready now. Andrew 778-538-3682

FOR SALE - MISCELLANEOUS

DOUBLE GLAZED window, 4'h x 6'w \$50 378-1358

HEAD mount cougar rug, offrs. 378-5038

4 cork boards, 4"x6", exc cond. 280-0543

PR LADIES Hunter boots, madder purple, sz 7, gd cond \$50. 378-1843 aft 5pm

100s PAPERBACK books to give away free, for whoever will come to get them 315-9803, diananorgaard63@gmail.com

FREE FIREWOOD: will not be the best firewood, fine once dry, about 1/2 to 2/3 of a cord, 1475 Cleasby St help yourself.

FREE 4 burner propane range w/ large oven. Free wht dblre porcelain kitchen sink. Free wht bthrm sink - 4". Kane Valley Area but can drop off 604-312-1954

WINDOWS, aluminum frames, various sizes. Plywood 3/4" tongue & groove. Regular plywood, 1/2" Aldo 378-2832

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

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 \$1000obo 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. Rocking chair \$40. 2 swivel rocking chairs, light rose in colour, very nice looking \$375obo. 378-7333

SOLID WOOD kitchntbl, 2 leaves, 6 chairs \$85 378-1835

WOOD table w/ 6 chairs, 2 leafs, exc shape \$300obo. Other furniture: dressers, china cabinet, etc. etc. 280-0543

HARDWOODtbl & chairs \$50obo. Solid hardwood dresser & mirr. \$50obo. Debra 250-718-3740

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

FOR SALE - APPLIANCES

4-BDRM house, 2-bath, immediately. 378-4392

3-BDRM house, 1-bth, detach. gar., lrg fncd bck yrd, avail. immed. 378-7416

STUDENTS only: \$1000/mo w/ some wrk wknd or key access. 10 hrs/wk 378-4201

FOUR 1-BDRM, \$950/mo, kitchenettes for winter. Coin Laundry. Free wifi, free parking, satellite TV, smart TV, free water/hydro/gas/pest control/hi-spd internet Movies & sports channel 778-639-0323

FIVE 1-BDRM, \$1200/mo, kitchenettes for winter. "Coin Laundry. Free wifi/parking, sat. TV, smart TV, free water/hydro/gas/pest control/hi-spd internet, Movies & sports channel! 778-639-0323

2-BDRM ste, 1-bth, n/p, n/s, 778-639-0244

RM FOR RNT Low. Nic. Shared accomm. Hydro/internet incl. \$750. Senior or wrkng female only. Dam. deposit & refs req'd. 280-0779

FURN'D ROOM entuite bthrm, 11km west of Merritt, country setting 378-4476

FOR RENT

4-BDRM house, 2-bath, immediately. 378-4392

3-BDRM house, 1-bth, detach. gar., lrg fncd bck yrd, avail. immed. 378-7416

STUDENTS only: \$1000/mo w/ some wrk wknd or key access. 10 hrs/wk 378-4201

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