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

For Further Information
Please visit www.arttherapywithjennifer.com
or email Jennifer at
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

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



START OF THE WINTER OLYMPICS ED. - FEB 6, 2026 #4194

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

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

Remote access to court registry services

People can receive free, convenient help and advice navigating the court system from anywhere in the province with the launch of the new virtual-counter service.

The virtual counter connects people with court registry staff remotely by video or phone for help with general inquiries, court forms and other topics related to Provincial and Supreme Court processes.

Expert court registry staff can answer questions in real time, share court forms and links, and arrange followup calls. People can choose to connect by video or phone. Confirmations are sent by e-mail and, if a mobile number is provided, by text. In-person services remain available at court registries.

To access the virtual-counter service, www2.gov.bc.ca/gov/content/justice/courthouse-services/virtual-counter

NV historical Quarterly Fall/winter 2017

A man with a vision of education for the Nicola Valley

Grand Chief Gordon Antoine was one of the most respected Aboriginal leaders, not only in the Nicola Valley, but also throughout the province and across the country.

He was first elected to the Coldwater Band council in 1966, when he was only 23 years old. Nine years later, he was elected chief and served in that capacity through 4 more band elections. He was involved in the formation of the Nicola Valley Indian Administration (now known as the Scwemx Tribal Council), which brought 5 bands together for stronger representation of the First Nations people.

Gordon Antoine also played an integral role in the development of Coldwater School — a kindergarten to grade 12 school of choice for local First Nations children. The school adheres to the provincial curriculum, but also sets aside extra time each day for students to explore their aboriginal roots, culture, traditions, language, stories and spirituality. It first opened in 1984 and Antoine wanted to explore a more hands-on alternative to the written learning style that was being used in schools at the time. In 1997 a larger architecturally-designed building, complete with adjoining pit house, was opened. It has a gym, seven classrooms, a kindergarten and an extensive library.

As Grand Chief, he worked for his community for 25 years with strength and conviction. He held many high-level positions and sat on a number of local boards, including the All Nations Trust Company. Antoine was also one of the biggest advocates for the building of the Nicola Valley Institute of Technology and served on the board as chairman for more than 10 years. He was a director on the University College of the Cariboo board (now TRU) and was a member of the provincial task force for post-secondary education for First Nations people. In 1993, he received the Order of British Columbia, in 1996 he received an honorary law degree from the Open Learning Agency.

Gordon and his wife Janice were working on creating a cultural and spiritual reawakening in the First Nations community through the Vipassana Meditation Centre. He spoke with many spiritual leaders from other cultures to get their input and was influenced by a core of a deep spiritual belief that he inherited from his ancestors.

Gordon passed away in May 2004. The memorial service was fittingly held at the Coldwater School. Hundreds of people, including family, friends, dignitaries and well-wishers gathered in the school's gymnasium. Many of them had travelled long distances to celebrate the life of Grand Chief Gordon Antoine.

—Excerpt from NV
Museum Archives' Nicola Valley Historical Quarterly Vol. 25 #1

I was mailing some photographs to my cousin and on the envelope I had printed -
PHOTOGRAPHS DO NOT BEND. The mailman folded the envelope in half and wrote
on the outside, "Oh yes they do."

What did Cinderella say when her photos were not received?
"Someday my prints will come".

A man walks into his doctor's office and says, "Doctor, I think I'm addicted to Twitter."
The doctor looks at him and says, "Sorry,
I don't follow you."

SALES - FEBRUARY 7

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

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

Community

Moccasin hockey tournament

The 67th Moccasin Hockey Tournament is on this weekend, Feb 6-8 at the NV Memorial & Shulus Arenas. General admission: \$20/day, \$45/weekend pass, elders 65+ free, kids 10 & under free.

Tobogganing races rescheduled

The Tobogganing Races are postponed due to not one flake of snow at Lundbom Lake! The new date is Sat. February 21 — If there is snow, races will take place at Lundbom Lake. If there is no snow, games will be in Central Park.

FMI, text Cecilia 250-315-0022 or email gcdyck@hotmail.com

Local Int'l Women's Day nominations

Every year on March 8, the NV Int'l Women's Day committee 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 & community. Deadline for nominations is Feb 13, 12noon, email: nvwomeninaction@gmail.com. Include contact info for you and your nominee and reasons.

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!



Memorial bench at NVIT

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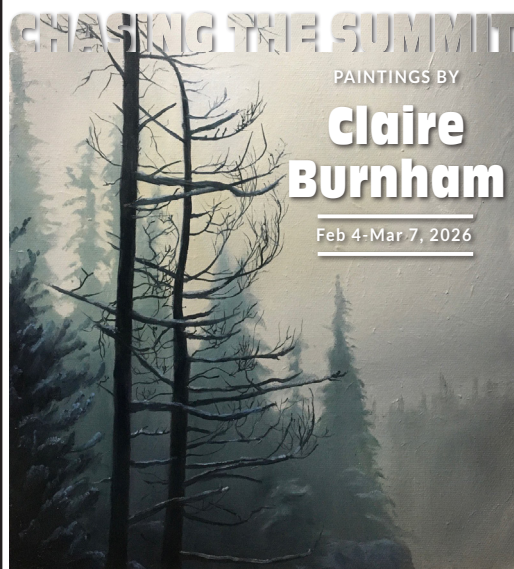
Patti - 778 865 0533

- \$20 haircuts for Seniors 70+ w/ ID
- Senior companion-ship, housecleaning

1922 Voght St., walk-ins welcome

THE STYLIST/ BARBER IS IN

Cash or e-transfer only



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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





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CHASING THE SUMMIT

PAINTINGS BY
Claire Burnham

Feb 4-Mar 7, 2026

COME VISIT THE GALLERY AT THE NICOLA VALLEY ARTS CENTRE



the Arts Council
Nicola Valley Community Arts Council

2051 Voght St., Merritt, BC | www.nicolavalleyarts.com | curator@nicolavalleyarts.com | 250-378-6515

HOURS:
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Sunday 12-4pm

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FRIDAY EDITION — FEBRUARY 6, 2026 #4194
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SALES

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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 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
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,
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

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'. Calvin 778-586-8362
COUNTERTOP dishwasher, hardly used, 3 yrs old \$300 250-289-4759
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

FREE: 4-bmr prop. range (604)312-1954
A/C \$100. Calvin 778-586-8362
MICROWAVE \$30 378-0838

FOR SALE - AUTOMOTIVE

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 SALIUM 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
TIRES: Five 185/65R15 snowflake. Two **215/65 17"** wntnr 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

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 250-682-0212
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, oftrs. 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: willow not 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/ lrge-oven. Free wht dble porcelain **kichen 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 \$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. **Rocking chair** \$40. 2 **swivel rocking chairs**, light rose in colour, very nice looking \$375obo. 378-7333
SOLID WOOD kitchn tbl, 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
DLX high-back leather padded desk/ofcice 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

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

FOR SALE - ELECTRONICS/SOFTWARE

4 - TV'S 48", 41", and 2 32-inch. Phone for price 378-7333
SIRIUS RADIO w/ access., nw cond \$100 378-9169

FOR SALE - RECREATIONAL

SAUER 3000 Carl Gustaff 6.5x55 with 6-24x50 scope. Very nice condition, silky smooth, very accurate \$800 hlangeloo46@gmail.com
MUECCI pool cue w/ case, brnd nw. value \$800+, sell \$600 hlangeloo46@gmail.com
SHAKESPEAR Wondertrol. 606 electric outboard motor with 12v battery and battery box \$75 378-6787
WINCHESTER 3" mag Mdl 12 shot-gun, rarely used/lk nw \$850. Earl 378-5038
3-WHL e-bike, 90km total, pd \$3450, sell \$2700. 378-4572, snitch11@outlook.com
1987 TRAVELAIRE 16ft Recreation Trailer \$4000. 2012 flatdeck utility trailer \$1500. **2012 Haulrite** 5/10ft utility trailer w/ ramp & boat rack \$2500. 2003 **utility trailer** oftrs. **Utility trailer & camper** \$1000. Flat bottom **boat** \$500. 2 electric **motors** \$85. 315-0011 Aspen Grove
10' alum. boat, no leaks. \$250obo 315-2080
BICYCLES, Various prices, Various sizes Text 250-936-8982

FOR SALE - TOOLS/EQUIPMENT

WOOD STOVE 55,000 btu \$100 378-1358
220 VOLT construction heaters, built in thermostat, 2 avail. \$50 each 378-8802
SNOW blower, elect., works great \$60 315-5946
EARLY 1950s tractor/front end loader, offers 378-7124
DELTA 2hp cabinet saw \$800 378-6260
DELTA 10" table saw with roll around kit, like new condition \$450. 378-6787
2021 EQUIPT TRLR bumper pull, 20ft deck, tandem 14,000lb axles, exc shape \$7500 315-3071
225V MILLER welder and cables. Oxy and Act gauges, 4 small tanks, hoses, bottle cart \$200. 378-6787

WANTED/WANTED TO BUY


RECORDS, hockey cards, hunting knives, Johnny Cash memorabilit. Tom 778-288-4095
SMALL wood dog house, 315-2249
WTD: CHEAP VEHICLE under \$1000 ASAP 280-3917
45-GAL. barrel, cln plstc or stl 378-6421
WANTED: free fixer upper bikes (Adult), free working dryer, clean smoke free hide-a-bed for spare room. 315-5437
OLD PRE-1980S boys type toys 250-808-3579, totallytuned@iCloud.com

FOR SALE HOUSE/PROPERTY

FOR SALE BY OWNER building lot in Collettville (1420 Pine); +12,000 square feet, +-9,600 sq. ft. "buildable," \$80,999. FMI michaelsages@proton.me 604-916-9289
12X60 MBL HOME, must be moved All offers considered. Mess./text 315-7803

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
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/nternet 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
4000SQFT shop/warehouse for lease in Low. Nic., 500sqft mezz., 500sqft off., 3-phs electrical, bthrm, gas furn., air comp., 14'x14' dr, Call/text 604-534-1401




K'en T'em

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For Further Information
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or email Jennifer at
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MERRITT MORNING MARKET



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WORDSEARCH

HOCKEY TOURNAMENT

Words can be found in any direction (including diagonals) and can overlap each other.

CHAMPIONSHIP

GOALIE

BRACKET

POWER PLAY

OVERTIME

HIGH-STICKING

TOURNAMENT

ROUGHING

ARENA

INTERFERENCE

SLAP SHOT

TEAM

FACE OFF

COMPETITION

P X V Y F Q D C K S O V E R T I M E O N
G N O W Q B D Y O A L X W I Z O K T A L
K R C E Q M R Q R M K A L S C S O F P G
F O G H G Y E A G A P W P P C A L C X L
T U M D A M C H C K G E H S P F Y P H E
E G O V C M U L G K Y G T F H P P T I E
A H J I H P P N S Y E Y M I C O J L G G
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