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**AGRICULTURE/ RANCHING**

**Nicola Valley 4-H Club**

c/o 1308 Hwy 8 E Merritt BC, V1K 1R6

<b>Noreen Cross</b>	“A” Leader	<b>250-378-2662</b>
<b>Sherry Huber</b>	Beef Leader	<b>250-378-5025</b>
<b>Lynne Larsen</b>	Lamb Leader	<b>250-378-4967</b>
<b>Jean Anderson</b>	Dog Leader	<b>250-378-2146</b>

Website: [www.bc4h.bc.ca](http://www.bc4h.bc.ca)

4-H Motto "Learn to do by doing" Nicola Valley 4-H club welcomes all new members with enrolment in January. Some club activities include public speaking, judging, and educational displays. This club attends Provincial Winter Fair in September. Many beef/lamb members of the beef/lamb club offer grain fed beef/lamb for sale at the end of Winter Fair. The dog club participates in 4-H functions as well as attending agility workshops with their dogs.

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**Nicola Valley Stockbreeders Association**

C/o Box 1063 Merritt BC, V1K 1B8

<b>Lou Cooke</b>	President	<b>250-378-1847</b>
<b>Rhonda MacDonald</b>	Secretary	<b>250-378-9237</b>

Fax: 250-378-1333

Established 1913. The organization serves to lobby on behalf of stockbreeders in the valley to promote and protect their interests. The main activity of the group is public education for urban neighbours. In the past this group has made visits to Grade 3 and 4 classes to teach about ranching and the importance of care of the land and natural resources.

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**CHILDCARE FACILITIES**

**Families Matter Childcare Centre**

1301 Quilchena Avenue  
Box 1816 Merritt BC, V1K 1B8

**Debbie Heppner** Owner/Operator **250-378-6005**

Families Matter Childcare is an in-home licensed facility, with an open-door policy for parents. We provide a large fenced yard with plenty of activities to keep your child active and happy all day. Crafts, cooking, music, dance, walks and other activities are also provided. This is a semi-structured facility operating as an extended family setting. I have several child care certificates including Red Cross Childsafe First Aid, Foodsafe, Guidance & Programming for Children with Special Needs, Partnerships with Parents, etc. I believe the needs of the child come first at all times. There are always plenty of hugs, positive encouragement, positive reinforcement and guidance available for each child as an individual. References available.

\*\*\*\*\*

**Honeypot Day Care**

#211 Nawishaskin Lane  
Box 514 Merritt BC, V1K 1B8

**Bonnie Labounty** Owner/Operator **250-378-3729**  
**Elly Shea** Owner/ Operator

\*\*\*\*\*

**Jane's Family Day Care**

3434 Pineridge Dr. Merritt BC, V1K 1J2  
**Jane Wowchuk**

**250-378-0846**

\*\*\*\*\*

**Karen's Place Family Daycare**

2751 Granite Place Merritt BC, V1K 1E3

**Karen Pare**

**250-378-2706**

Fax: 250-378-2709

Licensed Family Daycare, Ages Birth to 12 years. 1st Aid Certified, Meals provided.

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**Lisa's Place Family Daycare**

1510 Fir Avenue Merritt BC, V1K 1L5

**Lisa Davidson**

**250-378-1839**

\*\*\*\*\*

**Little Munchkins Daycare**

1501 Spring St

Box 3089 Merritt BC, V1K 1B8

**Annett Cunningham**

**250-378-4976**

**Debra Isaac**

**250-315-1035**

\*\*\*\*\*

**Little Skipper's Daycare**

2402 Coutlee  
Box 517 Merritt BC, V1K 1B8

**Fern Vigh**

Owner Operator

**250-378-4849**

Cell: 250-315-7678

Fax: 250-378-4849

Email: fvigh@hotmail.com

Licensed Family Daycare, ETTA. 1st Aid, Food Safe. We include meals and snacks learning opportunities are child specific. Introduction to French in music. I run a relaxed daycare with emphasis on relationship skills, good manners and developing skills and interests.

\*\*\*\*\*

**Maranatha Christian Pre-School**

2990 Voght Street Merritt BC, V1K 1C8

**Nell Veale**

**250-378-2626**

\*\*\*\*\*

**Marilyn Long's Family Daycare**

1733 Granite Avenue  
Box 688 Merritt BC, V1K 1B8

**Marilyn Long**

**250-378-3513**

Email: majlong@shaw.ca

\*\*\*\*\*

**Nana's Family Daycare**

#26-254 Highway 8 Merritt BC, V1K 1M7

**Rita Burdett**

**250-378-4569**

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**Nicola Valley After School Program**

2175 Nicola Avenue  
Box 1153 Merritt BC, V1K 1B8

**Susan Dunnigan**

**250-378-2973**

This program provides after school care to children between the ages of 5-12. Snacks and transportation from school is provided. Fees are \$225.00 per month.

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**Roots Baby Daycare**

2653 Priest Ave  
Merritt BC, V1K 1B4

**Colleen Waddell**  
Birth - 36 Months

**250-378-6008**

\*\*\*\*\*

**Tykes Family Daycare**

1870 Armstrong Street  
Merritt BC, V1K 1E7

**Anna Lacey**

**250-378-4953**

\*\*\*\*\*

**White Bear Daycare**

3191 Nicola Ave  
Box 2991 Merritt BC, V1K 1B8

**Heather McBride**

ECE

**250-315-1331**

Website: [www.whitebeardaycare.com](http://www.whitebeardaycare.com)

7:30 am - 6:00 pm

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**COUNSELLING & SUPPORT SERVICES**

**Adoption Society**

c/o Box 2931 Merritt BC, V1K 1B8

**Bonita Norman**

Co-Chairperson

**250-378-4051**

**Donna Harrington**

Co-Chairperson

**250-378-2576**

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**Al-Anon**

c/o Box 2879 Merritt BC, V1K 1B8

**Diane**

**250-378-6925**

Al-Anon is for families and friends of alcoholics. In this fellowship, you can meet others who share this problem, learn about alcoholism as an illness, improve the family atmosphere and build self-confidence.

\*\*\*\*\*

**Alcoholics Anonymous - Merritt Surrender A.A Group**

Anglican Church Hall  
Box 2276 Merritt BC, V1K1B8

<b>Al</b>	Acting Chair	<b>250-378-9562</b>
<b>Earle</b>		<b>250-378-6925</b>

Meet Friday nights at 8:00 PM

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**ASK Wellness Centre (Aids Society of Kamloops)**

c/o Box 2879 Merritt BC, V1K 1B8

The following services are provided in Merritt on specific days

Housing Needs – <b>Wendy Hamilton</b>	<b>250-318-0559</b>
Rural Community Counsellor (HIV/ HepC counselling)– <b>Sharon Hartline</b>	<b>250-318-1468</b>
Harm Reduction/ Prevention Outreach Worker – <b>Shelley Cressy-Hassel</b>	<b>250-376-7558</b>

\*\*\*\*\*

**BC Society of Training for Health and Employment Opportunities (THEO)**

2059 Garcia St.  
Box 2886 Merritt BC, V1K 1B8

**250-378-2045**

**Toll free: 1-866-377-3670**

Fax: 250-378-5830

Email: [sLabermeyer@theobc.org](mailto:sLabermeyer@theobc.org)

Website: [www.theobc.org](http://www.theobc.org)

THEO BC provides employment services to people with disabilities throughout British Columbia. THEO BC is "making every future count" by delivering leading-edge training, education, and job placement services in Merritt and Surrounding areas. Information sessions are held every Wednesday at 9:30am.

\*\*\*\*\*

**BC Federation of Foster Parents Associations**

Merritt BC, V1K 1B8

**Maggie Fairfield**

**250-378-4089**

**Leona Rabbit**

Federation of Aboriginal Foster Parents

**250-378-4089**

\*\*\*\*\*

**Conayt Friendship Society**

1999 Garcia St

Box 1989 Merritt BC, V1K 1B8

**Dennis Francis**

Executive Director

**250-378-5107**

Fax: 250-378-6676

Email: [conayt@uniserve.com](mailto:conayt@uniserve.com)

"Conayt" means "helping others" in the "Nilakyapamuk" or "Thompson language.

Conayt's mission statement is "to improve holistically the quality of life, cultural distinctiveness, and the strengthening of friendship and cooperation between Aboriginal and Non-Aboriginal people in the Nicola Valley." Keeping with this philosophy, we deliver quality programs and services to the community.

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**Interior Métis Child and Family Services**

Box 58 Merritt BC, V1K 1B8

**Lee Florence**

**250-378-4866**

**Moreno Goring**

Fax: 250-378-4865

Email: [lee@imcfs.bc.ca](mailto:lee@imcfs.bc.ca)

Website: [www.imcfs.bc.ca](http://www.imcfs.bc.ca)

We provide family support to Métis people within the Merritt region. We also support parents.

\*\*\*\*\*

**Interior Salish Employment & Training Society**

2225 Village Rd.,  
PO Box 1803, Douglas Lake, BC V1K 1B8

**Harvey McLeod** Cell 250-378-7219

**250- 350-3235**

**Helen McLeod**

**250- 350-3243**

**Upper Nicola Band Office**

**250- 350-3342**

Fax: 250-350-3311

Email: [hmcLeod@isets.ca](mailto:hmcLeod@isets.ca)

[hcopeland@isets.ca](mailto:hcopeland@isets.ca)

Our main objective is to provide training and/or work experience for members of our communities that have experienced long term unemployment, opportunities for our youth, enhance the skills of our employed and to develop a skilled work force for our Aboriginal entrepreneurs. To achieve this objective ISETS will provide the following programs.

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**Journeys into Tomorrow House**

**250-378-6170 (24 hours)**

Journeys into Tomorrow is a shelter for all women and their children who are experiencing a crisis. Transportation to Journeys into Tomorrow can be provided if required. The house provides a temporary (2 weeks) safe, respectful living environment.

\*\*\*\*\*

**Jumoke House**

Box 1852, Merritt, BC V1K 1B8

**Krista Johnston Pregnancy Outreach Worker/ Doula**

**250-378-1866**

Email: [babylegs1976@yahoo.ca](mailto:babylegs1976@yahoo.ca)

A home for young expectant mothers. Pregnant? Need extra support? Please call

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**Merritt & District Youth Resources Society**

2187A Coutlee Ave  
Box 1153 Merritt BC, V1K 1B8

**Tony Broman** Executive Director **250-378-4878**

Fax: 250-378-9611

Mission Statement: *“To develop and run programs that promote and protect the healthy development of children, youth and families from an ethical and multicultural perspective.”* The Society administers, at present, 7 programs. They are as follows: Special Services to Children, Youth Recreation Program, Supported Child Care Program, The Nicola Valley After School Program, Family Support Program, The Supervision Service, and Success by Six

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**Merritt Employment Services**

2099 Quilchena Ave.  
Box 159, Merritt BC, V1K 1B8

**Liz Touet** Co-ordinator **250- 378-5151**

**Georgina Beatty** Aboriginal Employment Counsellor

Fax: 250-378-3924

Email: [liz@cfdcnv.com](mailto:liz@cfdcnv.com)

Website: [www.cfdcnv.com](http://www.cfdcnv.com)

MES, a division of CFNV, provides services to assist the unemployed and under-employed residents of the Nicola Valley. Some of the services provided are Employment Counselling, Career Exploration, Job Coaching, Job Search Workshops, Resumes, and Cover Letters, Job Interview Preparation and Referrals for Training Support. We also have Phone/Fax services for job search. Call for an appointment with one of our Employment Counsellors.

\*\*\*\*\*

**Merritt Helping Hands Society**

**Marilyn Tolmie** **250-378-6497**

**Willie Jokinen** **250-378-0868**

This society is a group of recovering addicts who provide moral support to those needing help. They also provide harm reduction supplies such as clean syringes and water vials for the prevention of HIV, hepatitis and blood born diseases. They also provide transportation to detox and treatment centres.

\*\*\*\*\*

**Merritt Victim Services**

c/o RCMP, 2999 Voght Street Merritt BC, V1K 1B8  
**Katrina Walder** Coordinator  
Fax: 250-315-4611

**250-378-5699**

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**Nicola Family Therapy**

2185 A Voght St  
Box 968 Merritt BC, V1K 1B8

**Bob Ruttenberg** Executive Director  
Fax: 250-378-9299

**250-378-9222**

A program of Nicola Valley Community Services Association, this non-profit Society offers confidential family and individual therapy services to help the people of our community break the cycle of violence in their homes and relationships. Counselling and educational programs are directed to enhance family functioning, enhance the emotional and social well-being of school children, address and prevent child abuse, sexual abuse and assault, and spousal violence. The Society operates through contracts with the provincial Government, School District #58, and local employers. We are a charity registered with Revenue Canada.

\*\*\*\*\*

**Nicola Speech and Language Service**

#5-2025 Granite Avenue  
Box 336 Merritt BC, V1K 1B8

**Chuck Peltonen** Speech/Language Pathologist  
Fax: 250-378-4593

**250-378-4593**

Email: c1d7p46@telus.net

Nicola Speech and Language Service is open to adults and pre-school children experiencing speech and language delays or disorders. Self referral is acceptable for this service. Problems attended to by the Speech and Language Pathologist include: help with articulation, language, fluency, and voice disorders. Appointments are held in a variety of settings including the home, day-care, and the clinic. Funding is provided by Ministry of Children and Families; service is free.

\*\*\*\*\*

**Nicola Valley Association for Community Living**

1725 Coldwater Avenue  
Box 997 Merritt BC, V1K 1B8

**Rusty Brewer** Manager **250-378-4744**  
**Dave Gillett** Production Manager

Fax: 250-378-4815  
Email: rustybrewer@hotmail.com

The Association seeks to provide support services for the adult mentally handicapped. The Ska-Lu-La Workshop is managed by this Association and it provides life skills and job training for those who are mentally challenged. Some of the jobs fulfilled by the workers include contracts to cut and shape lumber for large companies. This association also umbrellas the Infant Development Program.

\*\*\*\*\*

**Nicola Valley Community Human Services Association**

c/o Box 968 Merritt BC, V1K 1B8

**Pam Hand** President **250-378-9222**

A community organization, comprised entirely of volunteers, this is a non-profit Society that is dedicated to eliminating violence in families and relationships and improving the quality of family and community life in the Nicola Valley. Funding received through contracts with the Provincial Government, School District #58 and area employers permit this association to employ professional staff who offer individual, family, and group therapy through its community office: Nicola Family Therapy. A family support resource library as well as public education programs are also available at the association's Nicola Valley Family Therapy Office. The association is a charity registered with Revenue Canada.

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**Nicola Valley & District Food Bank**

2026 Quilchena Avenue  
Box 2719 Merritt BC, V1K 1B8

<b>Linda Monkman</b>	President	<b>250-378-2282</b>
<b>Karen Flick</b>	Receptionist	<b>250-378-2282</b>

Fax: 250-378-2982

Email: [Foodbank@mail.ocis.net](mailto:Foodbank@mail.ocis.net)

The Food Bank provides temporary access to a supply of groceries to see families through a time of need. The organization relies on volunteer helpers and on the surrounding community for food and financial donations. Receipts are available for tax purposes. Hours of operation: Monday, Tuesday, Wednesday, And Friday 10:00 am to 1:00 pm. Thursday 10:00 am - 12:00 pm

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**People in Motion**

6E – 750 Cottonwood Ave., Kamloops, BC V2B 3X2

<b>Heather Archer</b>	Executive Director	<b>250-376-7878</b>
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Fax: 250-376-4689

Toll Free: 1-877-414-4241

Website: [www.peopleinmotion.org](http://www.peopleinmotion.org)

We provide information pertinent to living with a disability. Materials relating to income support/discount programs, aids to daily living, disabled parking permits, etc.

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**Phoenix Centre (Merritt Youth Outreach)**

<b>Jim Laidlaw BA Cell: 250-319-5986</b>	<b>250-378-1476</b>
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**Mon, Tue & Thur in Merritt (8:30am – 4:30pm)**

Service youth up to 25 yrs old no fee (Self and outside referrals accepted)

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**Reflective Solutions Counselling**

**250-315-3494**

#12 – 2025 Granite Ave.

Mailing Address:

2544 Hwy 8, Merritt, B.C. V1K 1P3

Email: [sallyh@ocis.net](mailto:sallyh@ocis.net)

**Sally Hamilton - Counsellor RPC, TIRF**

Working in partnership with our clients to create a positive, significant, and meaningful change in their lives. Sessions are person centered as well as directive, using both psychology and metapsychology based techniques. We are a private practice run out of a newly remodeled office. Counselling services provided are traumatic incidents and life stress reduction, P.T.S.D. Palliative, grief, loss, sexual wellness, sexual violence therapy, adult survivors of abuse, depression, anxiety and addictions.

\*\*\*\*\*

**Scw'exmx Child & Family Services Agency**

85 Hwy 8 W Merritt BC, V1K 1N2

**Colleen Lucier**

Executive Director

**250-378-2771**

**877-378-2773**

Fax: 250-378-2799

Website: [www.scwexmx.com](http://www.scwexmx.com)

This agency provides extended family care, supervision and planning for children who are permanent wards, custody agreements with parents for children requiring residential care, supervision and planning for children pursuant to custody agreements, repartition services for persons of Scw'exmx ancestry who have been separated from the Sxw'exmx community, community education and prevention programs, and foster parent programs. Children's Helpline 310-1234

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**DENTAL CLINICS**

**Cascade Dental Care**

110-Railyard Mall  
Box 128 Merritt BC, V1K 1B8

**Dr. Smith** Dentist **250-378-4000**  
Fax: 250-378-5234

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**Merritt Dental Clinic**

1976 Voght Str., Merritt, BC

**Dr. Frank Hokhold, D.D.S., B.Sc (Pharm)** Dentist **250-378-9000**

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**The Dental Clinic**

2199 Quilchena Avenue  
Box 1057 Merritt BC, V1K 1B8

**Dr. Josephson** Dentist **250-378-6677**

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**ECONOMIC/BUSINESS DEVELOPMENT**

**Community Futures Nicola Valley**

2099 Quilchena Avenue

Box 159, Merritt BC, V1K 1B8

<b>Patrick Lindsay</b>	CEO	<b>250-378-3923</b>
<b>Deanne Parise</b>	Economic Development Officer	
<b>Patrick Flanagan</b>	Business Development Officer	

Fax: 250-378-3924

Website: [www.cfdcnv.com](http://www.cfdcnv.com)

CFNV is a federally funded, not for profit, community economic development organization. The centre is governed by a volunteer Board of Directors comprised of individuals from all sectors of the community. Established in 1989, the CFNV mission is to "...stimulate and enhance strong community based economic growth and diversification..." The CFNV also houses an on-site business and employment library, computer workstations with internet capabilities. Access to information on social insurance numbers, CPP, and other federal programs are also available at the Centre.

\*\*\*\*\*

**Merritt & District Chamber of Commerce**

2185B Voght Street

Box 1649 Merritt BC, V1K 1B8

<b>John Philp</b>	Membership/Events Co-coordinator	<b>250-378-5634</b>
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Fax: 250-378-6561  
Email: [manager@merrittchamber.com](mailto:manager@merrittchamber.com)  
[admin@merrittchamber.com](mailto:admin@merrittchamber.com)

Website: [merrittchamber.com](http://merrittchamber.com)

The chamber is a membership driven organization, made up of small business, home-based business, large business, no-profit organizations, and individual members. The mission statement of the Merritt and District Chamber of Commerce is: "To support our members and our community by strengthening the business climate; and create public awareness of our activities". The Chamber acts as a unified voice for its members on local, provincial and federal issues. The Chamber office operates Merritt's visitor information. In addition, a number of business workshops and specialty courses are sponsored by the Chamber. The Chamber is very involved in promoting tourism and development within and outside of the community.

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**EDUCATION**

**School District No. 58**

1550 Chapman Street  
Box 4100 Stn Main Merritt BC, V1K 1B8

<b>Byron Robbie</b>	Superintendent	<b>250-378-5161</b>
<b>Wendy Hyer</b>	Assistant Superintendent	
<b>H. Bruce Tisdale</b>	Secretary-Treasurer	

Fax: 250-378-6263  
Website: [www.sd58.bc.ca](http://www.sd58.bc.ca)

SD 58 (Nicola-Similkameen) provides education for children in the Nicola Valley from Kindergarten to Grade 12. In Merritt, there are five elementary schools (Grades K-6), a middle school (Grades 7-8), a secondary school (grades 9-12) and a Distance Education School (Grades K- adult). Two alternate programs are offered through Merritt Secondary School - the Community Learning Centre and the Directed Studies Centre. A French Immersion program is offered to students from grades K-12. The Board of School Trustees is comprised of seven elected officials (4 from Merritt and 3 from Princeton), both city and rural. The teaching staff for the district is approximately 200, and there are 3,000+ students (Merritt and Princeton)

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**Collettsville Elementary School -**

2021 Birch Avenue Merritt BC, V1K 1K2

<b>Marie -Josee Bedard</b>	Principal	<b>250-378-2230</b>
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Fax: 250-378-4498  
Email: [mbedard@sd58.bc.ca](mailto:mbedard@sd58.bc.ca)

In partnership with parents and community members, Collettsville Elementary School strives to enhance the development of the whole child by promoting positive attitudes, values, beliefs, and cultural awareness. Collettsville Elementary School is part of School District #58 and serves Kindergarten to Grade 6. A distinguishing factor that makes Collettsville Elementary School different from other schools in Merritt is that it offers a French Immersion program. This is a program in which the language of instruction is French except in language arts which is taught in English.

\*\*\*\*\*

**Coquihalla Middle School**

2975 Clapperton Avenue  
2975 Clapperton Ave Merritt BC, V1K 1G2

**Mr. Stephen McNiven** Principal **250-378-6104**

Fax: 250-378-6105  
Email: smcniven@sd58.bc.ca

Coquihalla Middle School services all of the Grade 7 and 8 students in Merritt. Students are divided into 3 teams. Each team has a core of teachers who teach their students English, Socials, Math, Science, Physical Education, and French. The students also are exposed to Technology Education, Home Economics, Drama, Art, Keyboarding, Music, and Band. The School offers a wide variety of activities for students during lunch and on an extra curricular basis.

\*\*\*\*\*

**Diamond Vale Elementary School**

2675 Coldwater Ave. Merritt BC, V1K 1B2

**Val O'Flaherty** Principal **250-378-2514**

Fax: 250-378-4840

Diamond Vale Elementary is a school of about 250 students, from Grades Kindergarten through Six. The school's mission is to enhance the development of children, intellectually, socially, and physically. Diamond Vale takes pride in being a multi-cultural school in which all students play and work together in a positive manner. The staff offers a comprehensive extra-curricular program of fine arts and athletics, and these activities help develop the social and physical skills of the students. The primary goal of the School is to develop positive self-esteem in the students through all classroom and extra-curricular activities.

\*\*\*\*\*

**Lower Nicola Indian Band Education Department**

#181 Nawishaskin Lane Merritt BC, V1K 1N2

**250-378-5671**

Fax: 250-378-9148

The Lower Nicola Indian Band presently administers the following education programs through its Education Department: Post Secondary Funding "Ancestral Voices: Initiative and Capacity Building in First Nations Schools. Up coming programs include: the Challenge Program (Literacy) Summer Reading Programs for Grades 2-6; and the Summer Science and Technology Program for Grades 6-8

\*\*\*\*\*

**Merritt Bench Elementary School**

3341 Grimmer St. Merritt BC, V1K 1M3

**250-378-2528**

Fax: 250-378-5289

Merritt Bench Elementary School was built in 1963 and serves the immediate area of the Bench. The school serves grades K-6 and is part of School District #58. Bench Elementary emphasizes the importance of strong academic performance. The school also promotes the fine arts, particularly choir. The school and its community join together in building and promoting leadership, cultural awareness and self-esteem in all students. Along with the Parent Advisory Council (P.A.C.) Merritt Bench also has a School Advisory Council (S.P.C.). The role of the S.P.C. is to develop goals for improving student achievement. The school has a full size computer room and library plus a three quarter gym and a soccer field.

\*\*\*\*\*

**Merritt Central Elementary**

1509 Voght Street  
Box 408 Merritt BC, V1K 1B8

**Mrs. Sandy Fukushima**

Principal

**250-378-9931**

Fax: 250-378-6804

Merritt Central Elementary is a large school located in the downtown core of the community. It not only serves students from Merritt but also many students from the outlying areas. The school has a large number of programs for students. The school provides many exceptional programs not only curricular but extra curricular as well. There is outstanding parent involvement in the school and an extremely active Parent's Advisory Council. The schools philosophy is to develop "the whole child" by providing opportunities for successful achievement and development of capabilities in all areas of physical, social, cultural and academic situations. The school houses a large computer lab and has an extensive library.

\*\*\*\*\*

**Merritt Secondary School**

1561 Chapman Street  
Box 5100 Merritt BC, V1K 1B8

<b>Mr. Millyn Sundher</b>	Principal	<b>250-378-5131</b>
<b>Darren Coates</b>	Vice Principal	
<b>Dick Wowchuck</b>	Vice Principal	

Fax: 250-378-9711

Merritt Secondary School is the only secondary school in the City of Merritt. The school has approximately 600 students and is served by a dedicated, professional staff of 40 teachers. In the 1995-1996 school years, students and staff were moved into a new \$8 million complex. The school offers a wide variety of programs for a diverse student population. These include academic, French Immersion, Career Preparation and high School Apprenticeship programs. Merritt Secondary is proud of its long and successful tradition of delivering to students a wide range of extra-curricular experiences such as athletics, Clubs and Fine Arts.

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**Nicola-Canford Elementary**

2311 Postell St. Lower Nicola BC, V0K 1Y0

<b>Mrs. T. Strande</b>	<b>250-378-2172</b>
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Fax: 250-378-5270

Email: [jchenowe@sd58.bc.ca](mailto:jchenowe@sd58.bc.ca)

Nicola Canford Elementary School is part of School District #58 (Nicola-Similkameen) and is located in a rural setting 10 km. east of Merritt on Highway 8. School population is approximately 160 students from Kindergarten to Grade 6. About 50% of the school are bussed to and from school. In partnership with parents and the community, Nicola-Canford Elementary School strives to provide appropriate education opportunities for all students in a positive classroom and school environment. School programs endeavor to develop a sense of personal worth and competence as well as an interest in life-long learning.

\*\*\*\*\*

**South Central Interior Distance Education School**

2475 Merritt Avenue  
Box 4700 Merritt BC, V1K 1B8

**Paul Montgomery**

Principal

**250-315-1200**

Fax: 250-378-1447

Email: pmontgom@scides.ca

Website: *www.scides.com*

The South Central Interior Distance Education School is located in Merritt and was established in 1990 through a Ministry of Education reorganization of the Correspondence Branch. The School offers a full selection of courses from Kindergarten to Grade 12. Although most students are of school age, adults who have not graduated from high school are regularly enrolled in free courses leading to a high school diploma. The courses provided by the school are available to students living within the following School Districts: Revelstoke (#19), Vernon (#22), Central Okanagan (#23), Okanagan Similkameen (#53), Nicola-Similkameen (#58), Okanagan Skaha (#67), Kamloops - Thompson (#73), Gold Trail (#74), and North Okanagan - Shuswap (#83).

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**Community Learning Centre (CLC)**

1690 A Voght St  
Box 4100 Merritt BC, V1K 1B8

**250-378-2157**

**Peter Voght**

Teacher

**Nadia Clarke**

First Nations Support Worker

**Shelley Cressy-Hassel**

Youth Care Worker

CLC is located in a central storefront setting and is under the umbrella of Merritt Secondary School administration. CLC is an alternative school that provides support to students who have barriers in their life that are hindering their education. Academic, social and emotional support is available through the CLC staff. CLC is open to students ages 13-18, grades 8-10. CLC students and staff prepare a healthy lunch program and a healthy student made breakfast is also available (no charge). Individual academic programs, physical fitness activities, ethnobotany, various workshops, foodsafe, guitar playing, family gatherings, teen parent support, etc are just a few of the great things that the CLC offers.

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**Directed Studies Centre - School District #58**

2475 Merritt Avenue  
Box 4100 Merritt BC, V1K 1B8

**250-315-1218**

Fax: 250-378-9271

This program sponsored by School District #58 provides Nicola Valley residents with the opportunity to complete high school and academic upgrading. This service is free. The Directed Studies Centre uses the "Pathfinder" computer program to guide students through studies suited to their individual needs at their own pace. The schedule for this program is flexible with morning, afternoon, and evening sessions available. Students may enroll in the program at any time through the year but due to limited enrolment, are encouraged to register before September 30. Programs include High school graduation, GED preparation, Adult grad diploma, and Math/English upgrading

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**Lower Nicola Band School**

201 Horn Road  
181 Nawishaskin Lane Merritt BC, V1K 1N2

**Deanna Sterling** Principal **250-378-5527**

**Kathy Shackelly** Receptionist - Lower Nicola Indian Band School **250-378-5527**

Fax: 250-378-6389  
Email: deannas@lnib.net

The Lower Nicola Band School presently covers Nursery (Pre-School) to Grade 8, covering the Ministry of Education's curriculum (IRP's) and also adding the Nle?kepmxcin Language Program and the First Nations Studies Program.

\*\*\*\*\*

**Maranatha Christian Pre-School**

2990 Voght Street  
2990 Voght Street Merritt BC, V1K 1C8

**Jo-Anne Swan** **250-378-2911**

Fax: 250-378-2953  
Email: fgt@uniserve.com

Maranatha Christian Pre-School's services include a program covering all aspects of child growth for 3 and 4 year olds while offering a "Christian" perspective. A thematic approach is taken to teaching the ABC's and 1,2,3's. Shorter lessons include; learning for living, science, music, aerobics, gym, outdoor play, field trips, library, cooking, crafts and fun times with the family. Parents are welcome at any time.

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**Nicola Valley Institute of Technology**

4155 Belshaw Street  
4155 Belshaw St. Merritt BC, V1K 1R1  
Fax: 250-378-3332  
Email: info@nvit.bc.ca  
Website: [www.nvit.bc.ca](http://www.nvit.bc.ca)

**250-378-3300**

Since 1995 the Nicola Valley Institute of Technology has been recognized as a Provincial Institute in British Columbia offering its own certificates, diplomas, and associate degree programs. Over the years NVIT has grown to become a valuable contributor to the post-secondary education of Aboriginal students. Recognition of the important role that NVIT plays has come from BC's Aboriginal communities and most importantly NVIT's graduates. The first phase of the campus opened January 2002 and accommodates 400 full time students. NVIT is proud of its accomplishments from its beginning in 1983. NVIT features 12 different programs and 24 qualified instructors teaching 250-plus willing students.

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**N'Kwala School**

Douglas Lake Road  
Box 3700 Merritt BC, V1K 1B8

**Shelly Oppenheim**  
**Monica Coutlee**

Principal  
Secretary

**250-350-3370**

Fax: 250-350-3319  
Email: shelly\_nkwala@msn.com

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**Tumbleweed Playschool Society**

2975A Clapperton Ave.  
2975 Clapperton Ave Merritt BC, V1K 1G2

**Jennifer Redshaw**

**250-378-8885**

Tumbleweed Playschool is organized and administered by parents for pre-school children. The program is conducted by a trained supervisor in conjunction with parental assistance. Parents, children and teachers all contribute to, and participate in the creative leaning environment. This playschool is private and non-profit, funded and maintained by the parents. The playschool is licensed by the Provincial Community Care Facilities Licensing Board.

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**ENVIRONMENT**

**BC Material Exchange Information**

1120 McFarlane Way Merritt,BC, V1K1B9

**250-378-5326**  
**800-667-4321**

Drop off point for paint is Merritt Machine Works

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**Ducks Unlimited Canada**

[www.ducks.ca](http://www.ducks.ca)

The purpose of Ducks Unlimited is to develop, preserve, restore, and maintain waterfowl habitat on the North American continent and to raise funds to accomplish that purpose. With growing pressure from agriculture, industry and urbanization, the sole purpose of Ducks Unlimited for the past 50 years has been to set aside adequate habitat areas for waterfowl and other wildlife. Fundraising events held in the Nicola Valley area have raised over \$250,000 in total since 1984 and an estimate in excess of \$1 million has been spent on water conservation and storage projects in the Nicola Watershed alone.

\*\*\*\*\*

**"Home Sweet Home" Committee**

**250-378-6491**

**Evelyn Armstrong**

Box 249 Merritt BC, V1K 1B8

The "Home Sweet Home" Committee has been in existence since the late 1970's, when it first banded together to protest the proposal of a garbage dump at the Craigmont Mines site. Being a rather informal group, they meet when environmental concerns present themselves. Some issues that this group has been active in fighting are: a proposed Bio-Medical Waste plant, the proposed ship and airplane waste incinerator and more recently (1998), an amendment to the TNRD's Waste Management Plan that could allow open pit burning at the Lower Nicola Landfill.

\*\*\*\*\*

**Land Resources for the Upper Nicola Band**

Douglas Lake Rd

Box 3700 Douglas Lake Reserve Merritt BC, V1K 1B8

**250-350-3223**

**250-350-3348**

Fax: 250-350-3311

Email: [unib@mail.nicolavalley.com](mailto:unib@mail.nicolavalley.com)

This group's major concern is the effect of industry on the natural environment. Since the Coquihalla highway was constructed, there has been greater public access to the Nicola Valley. More tourists mean a greater demand on the land which the Nicola Valley is not equipped - e.g. wastes (i.e. sewage, garbage, etc.) which are disposed of in ways harmful to the environment. This group is concerned with noxious weeds on the reserves.

Noxious weeds are spreading on Forest Service Roads as well as roads throughout the Nicola Valley. This group is concerned with the temperature sensitive issues on the Nicola River. Not only the main stem and its tributaries but also the headwaters of the Nicola River.

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**Nicola-Similkameen Innovative Forestry Society**

[www.nsifs.bc.ca](http://www.nsifs.bc.ca)

One of the purposes of the Nicola-Similkameen Innovative Forestry Society is to promote and monitor implementation of action plans between Merritt's Timber Supply Area Forest License holders, Small Business Forest Enterprise Program, Upper Similkameen, and the First Nation communities associated with the Nicola Tribal Association which advance the use of innovative forestry practices in the Merritt TSA.

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**GOVERNMENT**

**BC Housing Management Commission**

290 Nanaimo Avenue West Penticton BC, V2A 1N5

**800-834-7149**

Fax: 250-492-1080

Website: *www.bchousing.org*

Local Rentals Telephone 250-378-4040

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**Member of Parliament Office**

301 Main Street, Suite 202 Penticton BC, V2A 5B7

**Stockwell Day** MP Okanagan-Coquihalla

**250-770-4480**

**800-665-8711**

Fax: 250-770-4484

Email: days1@parl.gc.ca

The M.P.'s office is open to anyone with questions or concerns about any Federal Government Departments or programs. The M.P.'s office commonly acts as an office of last resort for constituents when dealing with federal government bureaucracies. The Member of Parliament is often able to cut through "red tape". His door is always open. If you know of someone who is celebrating a 25th (or more) Wedding Anniversary or a 75th (or more) Birthday, the M.P.'s office can arrange for special congratulatory certificates. Should you wish to write Mr. Day, no postage is required.

Business Hours: 9:00 A.M. to 5:00P.M. - Monday to Friday

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**Ministry of Transportation Thompson Nicola Highway District**

2196 Quilchena Ave

441 Columbia St Kamloops BC, V2C 2T3

**250-378-1452**

Fax: 250-378-1449

Website: *www.gov.bc.ca/tran*

Thompson Nicola Transportation District provides information and services to the public by having road condition information for this District and the entire province available; providing assistance to applicants seeking to develop a subdivision or obtain an access from their property to the nearest roadway; monitoring the activities of the road and bridge maintenance contractor to ensure optimum safety for the traveling public; pursuing an aggressive program of road improvements utilizing local equipment and contractors as funds permit; and cooperatively working with local governments and other provincial government ministries to effect minimum expenditure for maximum benefit to the taxpayer.

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**Ministry of Water, Land and Air Protection**

Highway 5A & Airport Road  
Box 4400 Merritt BC, V1K 1B8

**Conservation Officer Service**

**250-378-8489**

Fax: 250-378-8372

The Ministry of Water, Land, and Parks Conservation Officer Service is responsible for enforcing Ministry of Environment legislation, handling problem wildlife complaints and answering public inquiries on fishing and hunting opportunities in the Nicola Valley area. There are two Conservation Officers stationed in Merritt. They are responsible for an area from Ashcroft to Pennask Lake and from the Toll Plaza to Boston Bar.

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**Coldwater Indian Band**

2249 Quilchena Avenue  
Box 4600 Merritt BC, V1K 1B8

**250-378-6174**

Fax: 250-378-5351

Email: [arlene@coldwaterband.com](mailto:arlene@coldwaterband.com)

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**Lower Nicola Indian Band**

181 Nawishaskin Lane, Merritt BC, V1K 1N2

**Bridget Munro**

Community Services

**250-378-4089**

**Lucinda Isaac**

Adult Basic Education

**250-378-5671**

Lower Nicola Fire Dept

**250-378-5110**

Fax: 250-378-9137

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**Nooaitch Indian Band**

#18 Shackelly Rd Merritt BC, V1K 1N9

**Dale Shackelly**

Chief

**250-378-6141**

**Dewey Shackelly**

Administrator

Fax: 250-378-3699

Email: [adm.noo@telus.net](mailto:adm.noo@telus.net)

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**Shackan Indian Band**

2160 Settlers Rd  
Lower Nicola BC, V1K 1M9

**Gerald Etienne** Band Administrator **250-378-5410**

Fax: 250-378-5219

Email: shakan@mail.ocis.net

The Shackan Indian Band is situated 27 miles (45 Kms.) west of Merritt, BC on Highway #8, and 14 miles (22 Kms) east of Spences Bridge, BC. There are currently 70 band members out of 112 residing in the community. The Shackan Indian Band is politically affiliated with the Nicola Tribal Association. The current Chief, Percy Joe, has held the position for the last twenty five years. The councillors, Johnny Joe and Albert Seymour have held their positions for the last nineteen years. The Shackan Indian Band provides administration services for its membership, social assistance, education, housing, and referral to other agencies. The Shackan Band Office Administration is situated on the Lower Nicola Indian Band Reserve, across from the Fire Hall.

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**City of Merritt**

2185 Voght Street  
Box 189 Merritt BC, V1K 1B8

**Susan Roline** Mayor **250-378-4224**

**Dave Tomkinson** Fire and Rescue Department **250-378-5626**

Fax: 250-378-2600

Email: info@merritt.ca

Website: [www.merritt.ca](http://www.merritt.ca)

City Council consists of a Mayor and six Councillors who are elected to a three year term. Council meets on the 2nd and 4th Tuesday of each month for regular Council meetings and on the 1st and 3rd Tuesday of each month for Council committee meetings. Councillors also serve on various standing committees that meet on a regular basis. Council enacts Bylaws and policies which the Administrator subsequently implements through staff in various departments. Departments: Corporate Services, Financial Services, Leisure Services, Building Inspection, and Public Works. City staff also work out of the Public Works yard, Nicola Valley Aquatic Centre, and RCMP Detachment.

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**Merritt Community Corrections**

#201-2090 Coutlee Avenue  
Box 4400, Station Main Merritt BC, V1K 1B8

**250-378-9355**

Fax: 250-378-1463

Merritt Community Corrections provides a link between the Court system and the community. The probation officers supervise and assist offenders on probation and BC parole.

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**Member of Legislative Assembly Office - Yale-Lillooet**

2099 Granite Ave  
Box 4400, Stn. Main Merritt BC, V1K 1B8

**Harry Lali** MLA

**250-378-4802**

**800-378-4802**

Fax: 250-378-4852

Email: [harry.lali.mla@leg.bc.ca](mailto:harry.lali.mla@leg.bc.ca)

The office of Harry Lali is a community office that serves the constituency riding of Yale-Lillooet in a number of ways. These include the following: arranging public meetings on important issues; problem solving and advocacy for individuals and groups; lobbying on behalf of municipalities, smaller communities and organizations on specific issues and projects; writing letters of support and congratulatory messages; and attending public functions throughout the riding. The office also acts as a liason between the constituents and the BC government bureaucracy to resolve ongoing problems when necessary. The MLA attends the legislative Assembly when the house is in session and gives strong representation in Victoria on behalf of his constituency.

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**Ministry of Children and Family Development**

2180 Coutlee Avenue  
Railyard Mall  
Box 4400, Station Main Merritt BC, V1K 1B8

**250-378-1476**

Fax: 250-378-1479

The Ministry of Children and Families is mandated to provide child protection services for children from birth to age 19. These services are provided to all families including Aboriginal families living off reserve in the Nicola Valley.

The Ministry also provides family support services including Respite Services, Voluntary Care Agreements and youth Agreements.

The Merritt Office has two Child and Youth Mental Health Workers who provide service to families in Merritt and Logan Lake. A youth Justice Worker is attached to the office to provide service three days per week. Adoption support services are available from Kamloops. A Youth and Drug and Alcohol Outreach Worker are available in the office 3 days per week.

Other contracts with the Ministry of Children and Family Development include: Infant Development, Nicola Speech and Hearing, Merritt and District Youth Resources Society, Merritt Moms and Nicola Family Therapy. Services are available through Ministry of Children and Families referral or by self-referral.

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**Ministry of Employment and Income Assistance**

2194 Coutlee Ave  
Railyard Mall  
Box 4400, Station Main Merritt BC, V1K 1B8

**866-866-0800**

Fax: 250-315-1379  
Website: [www.eia.gov.bc.ca](http://www.eia.gov.bc.ca)  
Hours of Service: 8:30 A.M. to 4:30 P.M.

The Ministry of Employment and Income Assistance provides services that move people towards employment and assists individuals and families in need. Ministry services are provided under the BC Employment and Assistance program (BCEA), and are guided by the *Employment and Assistance Act* and the *Employment and Assistance for Persons with Disabilities Act*. The ministry delivers BCEA programs and services through the following business areas:

**Employment Programs** are available to assist clients to find and sustain employment. Individualized employment plans that are signed by clients may include directed job searches or referral to job placement services.

**Temporary Assistance** is available to clients who are capable of financial independence through employment, or who are unable to seek work because of a short-term condition, as described in the *Employment and Assistance Act*. Persons with persistent multiple barriers to employment are included in this group.

**Disability Assistance** is available to eligible persons with disabilities who are not expected to gain complete financial independence through employment, including clients with disabilities who are seeking work.

**Supplementary Assistance** is available to eligible people, and provides health and other supports such as health services for persons with disabilities, seniors' supplement, bus passes, and user fees for continuing care and alcohol and drug facilities.

**The Employment and Assistance Appeal Tribunal** provides clients with timely decisions through a single-level, regionally-based appeal system for individuals who wish to appeal decisions of the ministry. The tribunal acts independently of the ministry.

**Electronic Services** provide British Columbians with 24 hour a day, seven day a week access to BCEA information through new telephone and internet services. Services include Automated Telephone Inquiry system; Web Orientation session; and Income Assistance Estimator.

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**Ministry of Forests**

3840 Airport Rd  
Box 4400, Station Main Merritt BC, V1K 1B8

**250-378-8400**

Fax: 250-378-8481

Email: [Forests.CascadeDistrictOffice@gems3.gov.bc.ca](mailto:Forests.CascadeDistrictOffice@gems3.gov.bc.ca)

Website: [www.for.gov.bc.ca](http://www.for.gov.bc.ca)

The Ministry of Forests and Range, also know as, the British Columbia Forest Service is the steward of timber, and range resources on BC's unreserved public (Crown) forest lands, which cover approximately 90% of the province. Crown forest lands are managed for many uses including recreation, forage, timber, and wilderness, water, fish and wildlife habitat, tourism, heritage, energy and minerals. The Cascade Forest District covers an area of approximately 2.2 million hectares of land that includes the Merritt and Lillooet timber supply areas. The district headquarters is located in Merritt with field offices in Princeton and Merritt.

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**Nicola Tribal Association**

2090 Coutlee Avenue  
Box 188 Merritt BC, V1K 1B8

**250-378-4235**

Fax: 250-378-9119

Email: [administration@nta.nicolatribal.org](mailto:administration@nta.nicolatribal.org)

The Nicola Tribal Association is an umbrella organization serving the four Native Bands in the Nicola area plus the Cooks Ferry, Nicomen and Siska Bands within the Nlakapamux Territory. The Association is composed of the Chief and Councils of the Nooaitch, Shackan, Coldwater, Upper Nicola, Nicomen, Cooks Ferry, and Siska Bands. The organization serves to address issues which affect all of the member bands. Issues commonly addressed by the group include; Child and Family services, Health, Education (restoration of native languages), fish and wildlife inventorying including habitat enhancement, restoration of stocks, management of forest lands on reserve and woodlots.

\*\*\*\*\*

**Service BC-Government Agent**

2194 Coutlee Street  
Railyard Mall  
Box 4400 Stn Main Merritt BC, V1K 1B8

**Gordon Swan** Government Agent **250-378-9343**

Fax: 250-378-9346

Email: Gordon.Swan@gov.bc.ca

Website: *www.governmentagents.gov.bc.ca*

The Service BC office provides information on all provincial government programs. The Service BC Office sells or accepts payments for most provincial government billings and services (i.e. Birth Certificates or Medical Services Plan billings). Two Community Access Terminals (CATs) are available at the office. These terminals provide improved access to Government programs and services by providing a location in Merritt where members of the community can go to use the internet to access government forms and services.

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**Upper Nicola Band**

2225 Village Rd  
Box 3700 Merritt BC, V1K 1B8

**John Stewart** Band Administrator **250-350-3342**

Fax: 250-350-3311

Email: unb@uppernicolaband.com

Website: *www.uppernicolaband.com*

This is a service delivery office which provides social services, education, housing, and natural resource information/assistance to the members of the Upper Nicola Indian Band. Also see Land Resources for the Upper Nicola Band

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**HALL RENTAL FACILITIES**

**Anglican Church Hall**

**250-378-3772**

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**Full Gospel Tabernacle Hall**

**250-378-2911**

Fax: 250-378-2953  
Maximum capacity 100; kitchen facilities

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**Legion Hall**

**250-378-5631**

Maximum capacity 160

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**Lower Nicola Community Hall**

**250-378-5673**

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**Merritt Civic Centre**

1950 Mamette Ave  
Box 189 Merritt BC, V1K 1B8

**250-315-1050**

Fax: 250-315-1070  
Email: [civiccentre@merritt.ca](mailto:civiccentre@merritt.ca)  
Website: [www.merritt.ca](http://www.merritt.ca)

The Merritt Civic Centre has a variety of meeting rooms available to accommodate parties from 10 to 520. Commonly used for special events, weddings, conferences, meetings, and more. Also the location of many of the Leisure Department programs for all ages.

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**Merritt Flying Club**

**Ian Gordon**

**250-378-6142**

Small meeting room can accommodate 25

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**Merritt Youth Centre**

1721 Coldwater Ave  
Box 1153 Merritt BC, V1K 1B8

**Cheryl McDonald** Executive Director

**250-378-4878**

Hall can accommodate 50 people

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**Nicola Valley Curling Rink**

**250-378-4423**

Maximum capacity 100; Kitchen Facilities. Not available in the evenings between  
October and March.

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**Nicola Valley Evangelical Free Church**

**250-378-9502**

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**Nicola Valley Memorial Arena**

**Brian Barrett**

**250-378-4832**

Maximum capacity 176 in the mezzanine; Kitchen facilities. The arena also has available  
the dry floor rental during the off season, capacity approx. 1000. As well as ice rental  
from time to time.

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**Senior Citizen's Complex**

**Doug Sanderson** President **250-378-2776**  
Maximum capacity 120; Kitchen Facilities.

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**United Church Hall**

**Juanita Austin** **250-378-5735**  
Maximum capacity 100; Kitchen Facilities

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**Merritt Secondary School** Max. capacity = 474  
**Nicola-Canford Elementary** Max. capacity = 200

These facilities are the property of School District #58 and are available for community meetings. These properties are NOT equipped with kitchen facilities available for meetings. For rental information on the following contact:

Jill Yakimchuck **250-378-5161**

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**Bench Elementary School** Max. capacity = 200  
**Central Elementary School** Max. capacity = 240  
**Coquihalla Middle School** Max. capacity = 440  
**Diamond Vale Elementary School** Max. capacity = 280

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**HEALTH CARE SERVICES**

**Ambulance Service of BC - Merritt Station**

3451 Voght Street  
Box 4400, Station Main Merritt BC, V1K 1B8

**250-378-5912**

Cell: 250-315-0520

Medical Emergency Call 911. The BC Ambulance service provides ambulance services in the Nicola Valley. This service is provided by members that are trained as Emergency Medical Assists (EMs). Merritt currently has fourteen members trained to the Paramedic Level 1 and five members trained to the EMA-II Level. EMA III or Advanced Life Support members are available to our community from Kamloops and Kelowna. Calls for an ambulance are received by the BC Dispatch Centre in Kamloops which activates the appropriate ambulance to respond. Along with dispatching ambulances the Emergency Medical Dispatchers are trained in Emergency Medical Telephone Instructions. EMDs can give instructions on how to care for a patient until the ambulance arrives.

\*\*\*\*\*

**Access Hearing Care**

2175 Quilchena Ave  
Box 6 Merritt BC, V1K 1B8

**John Franks**

**250-378-5440**

Fax: 250-378-5447

Email: gr58franks@uniserve.com

Hearing tests, hearing aids, custom hearing protection. Licensed for First Nations Health (NIHB) and Veterans Affairs. Open Monday - Friday 8:30-4:30.

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**Arthritis Society**

150A-1855 Kershner Rd Kelowna BC,

**Trudy Battaglio** Regional Development Coordinator

**250-868-8643**

Fax: 250-868-0779

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**Canadian Cancer Society**

2440 Reid Ave  
2440 Reid Ave Merritt BC, V1K 1H6

**Gloria Michayluk** Merritt Unit **250-378-4153**

Fax: 250-378-6822

Website: *www.cancer.ca*

Cancer Information Line: For Information on cancer, diagnosis, treatment, prevention, and other programs available throughout BC 1-800-663-4242 or contact the Interior District Office (Kelowna) 1-800-403-8222. The following programs are offered locally in the Merritt area: 1) Emergency Aid-financial aid for the cancer patient in need, 2) Free transportation of people with cancer to Kelowna available for treatment related appointments courtesy of the Freemason's volunteer driver program. To access call 1-250-712-1101 (72 hour notice required) 3) Education - pamphlets, posters, tapes and reference books are available.

\*\*\*\*\*

**Canadian National Institute for the Blind**

c/o Box 925 Merritt BC, V1K 1B8

**Al Clarke** **250-378-5430**

Fax: 250-378-4415

Email: *albiemedia@telus.net*

Website: *www.cnib.ca*

Many CNIB services are available to anyone whose vision is impaired to the extent that it interferes with or restricts normal activities. These services include: Pre-school Blind Children Counselling; Blind/Deaf Services; Rehabilitation Teaching; Employment Training and Placement; Blind Student Assistance; Braille and Talking Books; Recreational Programs; Orientation and Mobility; Self Care Assistance; Aids and Appliances; Low Vision Clinics; Home Training Programs; Public Evaluation on Prevention; Volunteer Programs; Caterplan. When it has been determined that a person's vision is sufficiently limited to be eligible for services, a CNIB office should be contacted.

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**Canadian Mental Health Association**

1721 Coldwater Ave  
Merritt BC, V1K 1B8

**250-315-0248**

Fax: 250-378-4811

Website: *www.kamloops.cmha.bc.ca*

The clubhouse is a safe, secure home away from home for individuals who are facing the challenges of living with a mental illness. A place to make friends and have fun. We are open on Monday, Tuesday, Wednesday, Thursday 10am - 2pm.

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**Coquihalla /Gillis House**

c/o 3451 Voght St. Merritt BC, V1K 1C6

**250-378-3271**

Fax: 250-378-3252

Coquihalla/Gillis house is a long-term care facility for those who require full time personal and medical care. Two rooms are reserved for respite care. We also have a palliative care suite for persons who are dying and their families. Client centered multi-faceted care is provided in a home-like atmosphere. The central downtown location offers easy access for outings and personal appointments. Personal care is given by registered nurses and licensed practical nurses and long-term aides under the direction of your personal physician. Nutritious meals are prepared under the direction of a Registered Dietician. Occupational and Physical Therapy and Social Work services are also available.

\*\*\*\*\*

**Creative Communications - Art Therapy & EMDR**

Box 2149 Merritt BC, V1K 1B8

**Audrey Ward**

**250-315-1064**

Fax: 250-315-1065

Email: *audward@ocis.net*

Operating hours - Monday to Friday. Healing via the creative process involving the individual, family, groups, and workshops. Focus on trauma recovery. EMDR- Eye Movement Desensitization and Reprocessing.

\*\*\*\*\*

**Heart & Stroke Foundation of BC and Yukon**

Box 854 Merritt BC, V1K 1B8

<b>Ed Michayluk</b>	President	<b>250-378-4153</b>
<b>Teresa Moore</b>	Area Manager	<b>250-372-3938</b>
<b>Denise Jolie</b>	Area Administrator	

Fax: 250-378-2133

Website: *www.heartandstroke.ca*

The Heart and Stroke Foundation in Merritt is a branch of the Kamloops Regional Office and is considered a unit in this community. Funds are raised through canvassing the community as well as other fund-raising events. There are cycling events, curl-a-thons, golf tournaments, gaming, Jump Rope for Heart events in the schools, Fit for Heart events in fitness clubs, and of course, The Big Bike Ride. While not all of these activities are held in Merritt, they are held in other neighbouring communities and if someone is interested, these events can be organized in your community. The average distribution of funds is as follows: 49% research, 34% health promotion/community awareness, 11% fund raising, and 65% administration.

\*\*\*\*\*

**Interior Health Mental Health Services**

3451 Voght Street

NVHC 3451 Voght St. Merritt BC, V1K 1C6 **250-378-3401**

Fax: 250-315-1325

Website: *www.interiorhealth.ca*

Office Hours - 8:30-4:30 Monday - Friday Services Offered: Intake, assessment, treatment and referral of adult individuals with mental health issues. For example: Depression, Anxiety, Schizophrenia, Bipolar Disorder, Severe Stress, Eating Disorders. We also offer counselling for depression, stress management and anxiety. Anyone can make a referral.

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**Life Line**

95 Barbergreene Rd, Suite 105 Toronto Ontario, M3C 3E9

Website: [www.lifelinecanada.com](http://www.lifelinecanada.com)

**888-339-6588**

Lifeline is a Personal Emergency Response System, which links people who are alone to 24 hour emergency assistance. When help is needed, the user pushes a small portable, waterproof button. A Lifeline Communicator unit, connected to the telephone line, automatically calls the monitoring centre. The user's friend or relative may be called to respond, or if necessary, an ambulance or the police will be dispatched.

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**Lower Nicola Indian Band Health Centre**

181 Nawishaskin Lane Merritt BC, V1K 1N2

**250-378-4089**

Fax: 250-378-9137

The Lower Nicola Indian Band Health Centre offers services that address the social, emotional, physical, and spiritual aspects of each community and Band member. Hours of operation are 8:30 A.M. to 4:30 P.M., Monday to Friday, with 24-hour Emergency phone service available through our 378-4089 number.

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**Merritt Adult Day Centre Nicola House**

3451 Voght St

Merritt BC, V1K 1C6

**250-378-3242**

The Merritt Adult Day Centre is located next to Nicola Valley Health Centre and is a program designed for seniors and adults who wish to remain independent in their own homes for as long as possible and who meet long term care eligibility. The Adult Day Center is provided by the Thompson Health Region. Activities range from crafts, day trips, parties, outings, cards, musical entertainment, grand parenting, discussion groups, mild exercises, etc. lunch, refreshments, and transportation (if required) are provided. Program fees are \$4.00 per day plus \$1.00 each way for transportation. Referrals to Nicola House Programs can be made by contacting the Continuing Care Nurse at 378-9380. Program hours are 10:00 A.M. to 2:45 P.M.

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**Merritt Home Support Services**

3451 Voght Street  
3451 Voght Street, Merritt BC, V1K 1C6

**250-378-3237**

Home Support Service is designed to supplement the clients' efforts to care for themselves with the support of family, friends, & community services. Home Support Services include personal care, caregiver respite, or other specialized care at home, all designed to assist clients to maintain independence, allow for early hospital discharge, or provide support to families & clients during terminal illness. Clients are assessed as eligible for Home Support Services through the Long Term Care Program.

\*\*\*\*\*

**Nicola Valley Chiropractic Clinic**

2076A Granite Ave  
PO Box 909, Merritt, BC V1K 1B8

**Dr. Colin Gage** Owner

**250-378-5456**

Fax: 250-378-8259  
Email: drgage@telus.net  
Website: **www.merrittchiro.com**

Providing chiropractic services Monday – Friday - Early morning and evening appointments available.

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**Nicola Valley Health Centre**

3451 Voght Street  
3451 Voght Street Merritt BC, V1K 1C6

**250-378-2242**

Fax: 250-378-3287  
The Nicola Valley Health Centre is an eight bed acute care facility. Services offered at the hospital include: full laboratory services, medical imaging (x-ray and ultrasound), physiotherapy (inpatient, outpatient, and home physiotherapy), dietician education program, social work program, and outpatient urology.

\*\*\*\*\*

**Nicola Valley Massage Therapy Clinic**

1949 Quilchena Ave.  
Box 306 Merritt BC, V1K 1B8

**Tim Kroeker**

Massage Therapist

**250-378-8300**

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**Public Health**

3451 Voght Street, Merritt, BC.

**250-378-3400**

Prevention services – services offered include childhood and adult immunization, youth clinic, breastfeeding information, communicable disease and sexual health information

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**HEALTH ORGANIZATIONS & PROGRAMS**

**Alzheimer's Society of BC**

Merritt BC, V1K 1B8

**Kamloops Office**

**800-886-6946**

**Provincial Office**

**800-667-3742**

Website: *[www.alzheimerbc.org](http://www.alzheimerbc.org)*

The Alzheimer's Society offers volunteer 1 to 1 assistance to those suffering from Alzheimer's Disease. The Society also has a library of free information on Alzheimer's available to anyone interested in the Disease.

\*\*\*\*\*

**BC Lung Association**

**250-378-6266**

Website: [www.bc.lung.ca](http://www.bc.lung.ca)

The BC Lung Association office is located at 2675 Oak St. in Vancouver, and can be contacted through a toll free number, 1-800-665-5864 or by Fax: 1-604-731-5810 Within the province, there are 70 community volunteer Directors who promote and support the numerous Lung Association fund raising events and lung education support programs. BC Lung Association raises money through mail-in fund raising activities such as the Christmas Seal Campaign, Spring Appeal, Country Heart, Golf Privilege Club, and Bicycle Trek. Over 3 million dollars annually supports Lung Health Research in Vancouver hospitals and community Lung Health programs throughout British Columbia.

\*\*\*\*\*

**Merritt and District Hospice Program**

3451 Voght Street  
Merritt BC, V1K 1B8

**Jill Sanford**

Coordinator

**250-378-3276**

The Merritt and District Hospice Program is a non-profit charitable organization providing trained volunteers, bereavement support, and resource material free of charge to clients, their families, and care givers. Persons who are suffering from a disease that is no longer responsive to treatment can receive Hospice Care. The mission of the Program is to provide support and understanding to the terminally ill, their families, caregivers, and the bereaved, together with creating community awareness of the Hospice philosophy "that no one need die or grieve alone". Referrals can be made by family, physicians, nurses, friends, or the patients themselves.

\*\*\*\*\*

**Merritt Red Cross Society (Emergency Services)**

2855 Scott Place Merritt BC, V1K 1G1

**250-378-5015**

Website: [www.redcross.ca](http://www.redcross.ca)

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**Nicola Valley Health Care Auxiliary**

Box 677 Merritt BC, V1K 1B8

<b>Darquise Wallesch</b>	President	<b>250-378-5839</b>
<b>Debbie Isaac</b>	Secretary	<b>250-378-1035</b>

This group of volunteers has been serving the community for approximately 30 years and is concerned primarily with patient comfort. In order to sponsor its activities, the group fundraises through management of the Thrift Shop. Activities include: sponsoring the Candy Striper Program, operating the Coffee Wagon at the hospital, operating the hospital Gift Cart and television rentals. In addition to its regular duties, the Hospital Auxiliary donates thousands of dollars each year to purchase much needed equipment for the hospital.

\*\*\*\*\*

**Nicola Valley Health Care Endowment Foundation Society**

3451 Voght Street  
3451 Merritt BC, V1K 1C6

**250-378-6275**

Fax: 250-378-9151

The purpose of the Nicola Valley Health Care Endowment Foundation Society is to encourage, solicit and provide gifts, donations, bequests, endowments and other acquisition funds for Nicola Valley Health Care and the community of the Nicola Valley. The Foundation provides a medium for constructing and acquiring buildings for use as health care facilities, and provides equipment and other personal property for usage by such health care facilities and related activities.

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**Nicola Valley Infant Development Programme**

Box 336 Merritt BC, V1K 1B8

<b>Lynn Krausert</b>	Consultant	<b>250-378-5331</b>
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Fax: 250-378-4815

Email: [nicolavalleyidp@uniserve.com](mailto:nicolavalleyidp@uniserve.com)

The philosophy of this Program is that the early years of a child's life are very important and the home is where the real learning takes place. Children from birth to 36 months who are at risk due to a disability from birth or are delayed in one or more skill areas are eligible for this home visiting program. Referrals may come from any source - parent, health nurse, doctor, social worker, etc. Participation in the Program is voluntary and all services are confidential and free of charge.

\*\*\*\*\*

**Red Cross Loan Cupboard - Mels (Medical Equipment Loan Service)**

Nicola Valley Health Care (Hospital)  
3451 Voght Street Merritt BC, V1K 1C6

The Red Cross Loan Cupboard was formed to loan medical equipment to people for a limited time period (usually about 3 months). Items such as wheelchairs, commodes, walkers, toilet risers, bath stools, and bath grips are lent free of charge. Clients are encouraged to make a small donation, as this is what is used to repair and purchase new equipment as needed. This Cupboard services Merritt, Lower Nicola, Logan Lake and district.

\*\*\*\*\*

**Screening Mammography Program - Kamloops**

**Vancouver**

Website: [www.bccancer.bc.ca](http://www.bccancer.bc.ca)

To make an appointment call the Screening Centre in Kamloops (102-300 Columbia St.)

**250-828-4916**  
**800-663-9203**

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**SCW'EXMX Community Health Services Society**

#103-2090 Coutlee Ave.  
Box 3090 Merritt BC, V1K 1B8

Fax: 250-378-4962

Email: [schss@nicolavalley.com](mailto:schss@nicolavalley.com)

The Scw'exmx Community Health Services Society will focus on making available health care, education, prevention, and treatment, for all members of Coldwater, Nooaitch and Shackan Bands.

In Scw'exmx tradition, good health and well being encompasses a holistic lifestyle, through promotion, support, and enhancement of continued good health. Elders' translation is summarized by: "We are all going to HELP each other, so that we will always go in the right path in everything. If we prepare ourselves, we will be strong."

\*\*\*\*\*

**Shop Smart Tours/ Kids' Shop Smart Program**

**250-378-2252**  
**250-378-8793**

Email: prenatal@uniserve.com

A Shop Smart Tour is an aisle by aisle tour of Overwaitea guided by a Registered Dietician/Nutritionist. The tours focus on how to lower your fat intake to 30% of your calories; choose foods to reduce the risk of heart disease, cancer and obesity; select a high fibre cereal; choose the best margarine to buy; and translate the nutrition information contained on product labels. The dietician/nutritionist will also answer questions about cholesterol, saturated fat, fibre, additives, and much more. Approximately 8-10 people are required to conduct a tour, which lasts 1 to 1 1/2 hours (usually in the evenings).

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**TOPS (Take Off Pounds Sensibly)**

c/o Box 2143 Merritt BC, V1K 1B8

**250-378-2095**  
**250-315-1318**

TOPS stands for Take Off Pounds Sensibly. This is a weight loss club that helps members take pounds off by encouragement, fun, food planning, supportive friends, programs, contests, and more. Membership costs \$30.00 and in addition there are annual dues of \$36.00 Meeting time: Wednesday 9 A.M.

\*\*\*\*\*

**Merritt ProLife Society**

Box 1482 Merritt BC, V1K 1B8

**Doreen Caines**

**250-378-2537**

Fax: 250-378-2537

The Merritt ProLife Society is a registered society and serves this community in a number of ways. It is an education facilitator to the community in terms of promoting life for the unborn, the elderly, the vulnerable, and the handicapped. Specifically, the society provides encouragement and help to pregnant women who may be contemplating an abortion. Volunteers speak to community groups who want to be more informed on issues pertaining to the protection of life at all ages and stages. This society relies heavily on volunteer help and your interest in this community service.

\*\*\*\*\*

**Merritt Moms & Families**

2059 Garcia St  
Box 1989 Merritt BC, V1K 1B8

**Jennifer Cody** Merritt Moms **250-378-2252**  
**Gloria Big Sorrel Horse** Family Development Coordinator  
**Rena Joe** Family Outreach Support Worker

Fax: 250-378-6676  
Email: prenatal@uniserve.com

The Merritt Moms is a family support program for parents who are expecting a baby and continued support through to six years of age. The Merritt Moms program is offered to the whole community through the Conayt Friendship Centre. The program works with families and their children to support family health. The vision of the program is to promote positive health practices through education and support. The centre is a place to visit other parents, relax and breast feed. The program offers gift certificates to Overwaitea and Extra Foods, prenatal vitamins, a clothing exchange, lunch club, cooking club, advice about nutrition, cultural and parenting programs, answers to questions about being pregnant, and resources to learn from each other.

\*\*\*\*\*

**Conayt Friendship Society**

1999 Garcia St.  
Box 1989 Merritt BC, V1K 1B8

Fax: 250-378-6676  
Email: conayt@telus.net

**250-378-5107**

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**Tradewinds**

2151 Granite Ave  
Box 697 Merritt BC, V1K 1B8

**Alexander Contracting** (Paul & Wendy) **250-378-4040**  
Fax: 250-378-8759

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## INTEREST GROUPS & ORGANIZATIONS

### Beta Sigma Phi - Gamma Chi Chapter

Box 41 Merritt BC, V1K 1B8

**Debbie Moldowan**

**250-378-5538**

The International Sorority "Beta Sigma Phi" was founded in 1941 and the Gamma Chi - Merritt Chapter has been in existence for twenty-five years. This group has a variety of fundraising events, including the Annual Christmas Craft Fair in which any donations received at the door go to the Nicola Valley & District Food Bank. This event usually raises approximately \$1,000 in cash and between 10 and 12 boxes of food. The proceeds from Craft Fair bake sales are donated to various schools in the area For Community Service Projects, the Chapter staffs Meals on Wheels in the month of June, and donates to Christmas Hampers and other deserving applicants. Annually, a scholarship is offered to a graduating student for outstanding achievement.

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### Beta Sigma Phi - Preceptor-Gamma Kappa

Merritt BC, V1K 1B8

**Joan Sherwood**

Contact

**250-378-2341**

The Preceptor-Gamma Kappa chapter of the Beta Sigma Phi sorority participates in the same activities as the other two chapters. Meetings for this group are every 2nd and 4th Tuesday of each month.

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### Beta Sigma Phi - XI-Gamma Theta

2149 Blackwell Avenue

2149 Blackwell Avenue Merritt BC, V1K 1J8

**Mae Ketter**

President

**250-378-6475**

This Chapter of Beta Sigma Phi Sorority fundraises throughout the year to raise monies for donations to selected community causes, one which is an annual MSS Scholarship. The main project of this group is the annual sale of Antipasto. Orders are taken anytime in early fall. The Antipasto is also on sale at the annual Xmas Craft Fair at the Civic Centre, the first Saturday in November each year. Members also participate in staffing Meals on Wheels. Meetings are held on the second and fourth Tuesdays of each month.

\*\*\*\*\*

**B.P.O. Elks Lodge #441-Merritt**

Box 855 Merritt BC, V1K 1B8

**Larry Hintz**

Secretary

**250-378-4656**

Fax: 250-378-4656

The Elks and Royal Purple of Canada are National, Fraternal and Charitable in nature, promoting and supporting community needs through the volunteer efforts of local lodges. The Elks Purple Cross Fund (a registered charity) annually contributes \$10 million to help needy children in Canada through their "Personal Assistance Program". At the provincial level, in partnership with the Ministries of Health and Ministry of Human Resources, the BC Elks Association established "The Elks Family Hearing Resource Centre: In 1982. This Centre is located in Surrey, BC and is staffed by specialists with advanced degrees in Speech/Language pathology, Audiology and Early Childhood Education.

\*\*\*\*\*

**City of Merritt Access Awareness Committee**

Box 574 Merritt BC, V1K 1B8

**Mike Touchie**

President

**250-378-4003**

Fax: 250-378-2600

The City of Merritt Access Awareness Committee promotes awareness of issues pertaining to accessibility within the community. The focus is upon providing information and education to the public and to advise City Council on areas of common concern to persons within the city that have some sort of disability or challenge. The Committee meets every two months on the first Thursday of that month.

\*\*\*\*\*

**Lioness Club of Merritt**

Box 274 Merritt BC, V1K 1B8

**Darquise Wallesch**

**250-378-5839**

**Betty Bond**

**250-378-5068**

The Lioness Club of Merritt is part of the Lions Club and has been in existence since 1984.

The major yearly project of the eight member Club is the Merritt Dog Show. Each year the money raised from the Dog show is donated to Timmy's Telethon which sends Merritt youth to Camp Winfield. The Lioness Club also donates funds and food to the Nicola Valley and District Food Bank each Christmas.

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**Lions Club of Merritt**

Box 3987 Merritt BC, V1K 1B8

<b>Ed Ragan</b>	President	<b>250-378-3510</b>
<b>Judy Fischer</b>	Secretary	<b>250-378-2879</b>

The Merritt Lions Club is part of the International Lions Organization and has been in existence since 1962. The Lions are primarily concerned with bettering the community for the people and donate 90% of funds raised to local projects. In the past, the Lions have been involved with such projects as the construction of, Lions Park", the construction of a playground on Cranna Crescent, support of the handicapped (sending a child each year to Camp Winfield), Ska-Lu-La, and emergency assistance. In the recent past, the lions donated a four bedroom house (Gillis House) to the Nicola Valley Health Care for use as an Adult Day Care centre.

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**Masonic Temple**

<b>Len Marsh</b>	President	<b>250-378-2004</b>
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Meetings take place on the fourth Monday of each month beginning at 7:30 PM except in May. That month the Masons meet on the second Monday and there are no meetings in July and August.

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**Merritt Ambassador Society**

2855 Scott Place Merritt BC, V1K 1G1

<b>Betty Ann McDonnell</b>		<b>250-378-5015</b>
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**Merritt Secondary School Parents Association**

Merritt BC, V1K 1B8

<b>Brian Cargnelli</b>	MSS Band Teacher	<b>250-378-5131</b>
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**Merritt Toastmasters Club**

Box 2384 Merritt BC, V1K 1B8

**Gale Simpson** President **250-378-2213**

Toastmaster International is the leading movement devoted to making effective oral communication a worldwide reality. The Mission of The Toastmaster club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth.

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**Nicola Valley Search and Rescue**

Merritt BC, V1K 1B8

**Corp. Tracey Dunsmore** Police Liason **250-378-4262**  
**Vern Latremouille** President **250-378-2087**

Nicola Valley Search and Rescue is a group of local resident volunteers whose main purpose is to search for and rescue missing or injured outdoor recreationalists. They have also provided assistance to the City of Merritt in emergency situations such as the flooding of the Coldwater River. Members are trained in search techniques, map and compass, outdoor survival, restricted radio operations and first aid.

\*\*\*\*\*

**Nicola Valley Teachers' Union**

Suite 105-1950 Garcia St.  
Box 849 Merritt BC, V1K 1B8

**Ralph Poynting** President **250-378-5060**

Fax: 250-378-5060  
Email: lp31@bctf.bc.ca

The Nicola Valley Teachers' Union is a local of the BCTF and represents all public school teachers in Merritt. In addition to handling collective agreement issues for local teachers, the organization plays a role in representing teachers in the local community and in supporting community activities. NVTU assists local organizations through specific grants to enable them to provide services to our children and youth, eg., the Teen Centre, the Community Justice Centre, and Parent-Child Mother Goose program. Start-up and support grants are sometimes available to other youth-related programs. In addition, there is a regular program of bursaries, scholarships, and creative arts awards, which are given annually.

\*\*\*\*\*

**Nicola Valley Women in Action**

c/o Box 2849 Merritt BC, V1K 1B8

**Donna Smith** President **250-378-4377**

Nicola Valley Women in Action is a voluntary non-profit society concerned with the conditions facing women in their communities. They seek to initiate and promote measures that will bring about healthy social, economic, emotional, and physical environment for women in the society. The organization facilitates these measures through direct services, public education, and reform advocacy. The organization's direct service programs include Merritt Victim Services and the Nicola Valley Assault Men's Treatment Group.

\*\*\*\*\*

**Nicola Highland Celtic Club**

Box 4188 Lower Nicola BC, V0K 1Y0

**Rick McVean** **250-378-6342**

**Donna Lamont** **250-378-9801**

The Nicola Highland Celtic Club is a registered society under the British Columbia Society Act. We promote Celtic traditions and culture through fellowship among peoples of Celtic heritage as well as encourage and assist persons of Celtic and non- Celtic heritage to participate in Celtic performance arts. We provide a forum in which persons of Celtic and non-Celtic heritage may expand their knowledge of Celtic history and the richness and diversity of Celtic customs.

\*\*\*\*\*

**Nicola Valley Community Arts Council**

1840 Nicola Ave

Box 2762 Merritt BC, V1K 1B8

**Kim Leclair** President **250-378-5717**

**Chris Dooley** Secretary **250-378-5115**

The Nicola Valley Community Arts Council is a non-profit organization, which has been in existence since 1982. The group was formed to stimulate, initiate, and promote the arts and cultural activities in the Community.

Financial support for the Arts Council comes from a variety of sources including the BC Arts Council, the City of Merritt, membership fees and corporate sponsorships.

Volunteers are however key to the functioning of the Arts Council and the ability of the organization to meet its mandate. In recent years, volunteers have devoted their energies to bringing annual concert series to the community, delivering the Awesome Arts program, and putting on visual art exhibitions in the Courthouse Art Gallery.

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**Nicola Valley Quilters Guild**

**Louise Fox** Contact **250-378-9682**  
Members of the Nicola Valley Quilters Guild meet the first and third Thursday of the month at the Civic Center. New members are always welcome.

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**Nicola Watershed Community Round Table**

Box 400 Merritt BC, V1K 1B8  
**Elizabeth Solomon-de-Friedberg** **250-378-4087**  
The NWCRT is a non-profit organization established to provide a forum for individuals to come together to discuss issues of common concern; promote environmental, social and economic sustainability; and a means for providing input into decisions affecting the Nicola Watershed. Established in 1994, the organization's membership consists of all the residents of the watershed although most are not actively involved in ongoing activities. The NWCRT holds public forums from time to time. Over the years, topics have included school board amalgamation, restoring the health of the Nicola Valley rivers, riparian management, Forest Renewal BC, co-generation, healthcare in the Nicola Valley, responsible water extraction and recreation on crown land, among others.

\*\*\*\*\*

**Nicola Valley Women's Institute**

c/o Box 2168 Merritt BC, V1K 1B8  
**Bev Stanich** President **250-378-2536**  
The local Nicola Valley Women's Institute was founded in 1957. It is associated with the Federated Women's Institute of Canada and Associated Country Women of the World. An Aim of the organization is to promote international good will, friendship, and understanding throughout the world. There are nine million members from 69 countries involved with this organization. They strive to help hospitals, schools, the lonely and the needy. Locally, the group fundraises for such causes as: The Queen Alexandra Hospital, the Children's Hospital, Ronald McDonald House, Canuck House for children with terminal cancer, the Community Arts Council, the Hospice Society, a high school bursary, the 4-H Club and projects for downtown beautification.

\*\*\*\*\*

**Order of The Eastern Star**

Box 207 Merritt BC, V1K 1B8

**Elaine Davis** Secretary **250-378-6269**

**Lydia Lange** Worthy Matron **250-378-2552**

This is an international service group that serves to make and provide cancer dressings and contribute to cancer research. The group has been in existence since 1914. The group is involved with a number of fundraising activities in order to provide cancer dressings to those in need, free of charge. Meetings are held the fourth (4th) Thursday of every month at 7:30 P.M. at 2067 Quilchena Ave.

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**Royal Canadian Army Cadets Parents Auxiliary (9500)**

Box 885 Merritt BC, V1K 1B8

**Kathy Cary** President **250-378-9485**

Fax: 250-378-9485

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**Royal Canadian Legion #96**

1940 Quilchena Avenue

Box 527 Merritt BC, V1K 1B8

**Marguerite Kempin** President **250-378-6022**

**Ken Boone** Vice President **250-378-6820**

In addition to providing services and support to its members, the Royal Canadian Legion operates a bingo every Wednesday beginning at 1:00 P.M. The money raised through bingo supports community groups and agencies such as Minor Hockey, Coquihalla-Gillis House, and the Nicola Valley Rodeo Association.

\*\*\*\*\*

**Rotary Club of Merritt (Sunrise)**

**Rich Hodson**

President

**250-378-6794**

Email: richhodson@shaw.ca

Website: ***www.rotary.org***

Weekly meeting Tuesday at 7:00 am at Best Western Inn

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**Rotary Club of Merritt**

Box 115 Merritt BC, V1K 1B8

**Paul Molnar**

**250-378-6711**

Fax: 250-378-3332

Email: ktourand@nvit.bc.ca

Website: ***www.rotary.org***

The Rotary Club of Merritt is part of Rotary International and was chartered on June 27, 1970. The motto governing this group is "Service Above Self". The club is involved with a vast array of activities in the community. Annually, the club sponsors a Student Exchange Program, which allows foreign students to experience life in Canada while local students experience life in a foreign country. Other student programs sponsored by Rotary are "Adventures in Citizenship", "Adventures in Energy", "Adventures in Forestry" and "Adventures in Aviation". These latter programs allow students to attend conferences to learn about particular areas of interest. Meetings are Thursday at 12:10 PM at Coldwater Hotel.

\*\*\*\*\*

**Order of the Royal Purple (B.P.O Elks Ladies Auxiliary)**

1702 Coldwater Ave  
Box 1687 Merritt BC, V1K 1B8

**Mollie Rutz** Honored Royal Lady **250-378-9788**

The main function of the order of the Royal Purple is to help children with special needs (hearing and speech, wheelchairs etc.). The auxiliary meets at 8:00 p.m. the 1st and 3rd Monday of each month at the Elks Hall. The Order raises most of the money through raffles and catering.

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**Patricia Rebekah Lodge #33-IOOF**

2637 Coutlee Ave Merritt BC, V1K 1A9

**Shirley Nutbrown** Secretary **250-378-9607**

**Doris Jensen** Noble Grand **250-378-2107**

This chapter of the fraternal, international, non-profit IOOF organization consists of approximately 40 members. Charitable money is raised through such activities as: Spring flea markets and Christmas craft/bake sales. In past years, these monies have been donated to Senior Citizen groups, the Hospice Society, Rainbow House, the MSS Student Bursary, the NV General Hospital and the Food Bank. Patricia Rebekah Lodge also participates in organizing Meals on Wheels and Senior's Bingo.

\*\*\*\*\*

**Shrine Club of Merritt**

Box 2543 Merritt BC, V1K 1B8

**Ed Michayluk** Secretary/Treasurer **250-378-4153**

The Shrine Club meets every fourth Wednesday for a dinner meeting. Funds are raised to provide assistance to children who require burn treatment and also to children requiring orthopaedic surgery. Shriners' Hospitals are located mainly in the United States with the closest to our area located in Portland, Oregon. The only Shriners' Hospital in Canada is located in Montreal. To date, over 510,000 children have been assisted by Shriners' Hospitals.

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**LEISURE & CULTURAL ACTIVITIES**

**Coquihalla Good Sam R.V. Club**

Merritt BC, V1K 1B8

**Laura Cornies** President **250-378-2800**

**Marg Palagain** **250-378-2557**

The Club holds two luncheon meetings during the winter months and plans monthly camp-outs during the summer. Current membership is 12 rigs.

\*\*\*\*\*

**Nicola Valley Fall Fair Association**

Box 1589 Merritt BC, V1K 1B8

**Kathy Reimer** President **250-378-5925**

**Marianne Reimer** Vice-President **250-378-9929**

This Association, originally founded before the turn of the century, organizes and manages the Annual Fall Fair. Originally held in Upper Nicola the Fall Fair has been traditionally held over the Labour Day weekend in conjunction with the Rodeo. The fair has been housed in many buildings in the past, but in 1983 acquired its own building on the Fair Grounds. The Fair has a number of categories including: Baking, Canning, Native Arts & Crafts, Fine Arts, Photography, Fruits, Flowers, Vegetables, Forage Crops, Poultry, Livestock, Sheep, Rabbits, Pets (for children) and Displays. In addition to the Fair itself, the Association sponsors the Annual "Fall Fair Dance: during the labour Day weekend

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**Old Time Fiddlers Association**

Box 2789 Merritt BC, V1K 1B8

**Ken Boon** President **250-378-6820**

**Joyce Crosina** Contact **250-378-9804**

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**Sagebrush Spinners & Weavers Merritt**

4306 Petit Creek Rd Merritt BC, V1K 1N8

**Sheila Kirk**

**250-378-4740**

**Bernice Ball**

**250-378-9678**

Fax: 250-378-4740

The Sagebrush Spinners & Weavers is a group of local spinners, weavers, and wool-workers that enjoy sharing skills and ideas. Each season they present workshops such as, "Spinning for Beginners", "Spinning with Fancy Yarns" and "Weaving for the Beginner" The group shares their knowledge in projects such as sprinkle dyeing, nature dyeing, felting and processing of wool, mohair and angora.

The Sagebrush Spinners & Weavers are trying to keep the art of spinning and weaving alive by conducting demonstrations in classrooms, for Senior Citizens, at the Fall Fair, and other community activities. Meetings are on Wednesdays twice a month in members' homes from 11:00AM to 2:00 PM. Visitors and new members are most welcome.

\*\*\*\*\*

**Valley Visual Artists**

Box 2121 Merritt BC, V1K 1B8

**Kathi Dalquist - Gray**

**250-378-5718**

Valley Visual Artists is an artisan group, which encourages and supports all painting media, sketching, drawing, pottery, carving, photography, and other fine arts. The group holds workshops throughout the year. All artists welcome

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**Bridge Club of Merritt**

c/o Box 1254 Merritt BC, V1K 1B8

**Jean Bell**

**250-378-5550**

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**Coquihalla Arts & Crafts Society Creative Company**

2074 Quilchena Avenue

Box 2413 Merritt BC, V1K 1B8

**Almerina Rizzardo**

**250-378-0813**

The Coquihalla Arts & Crafts Society serves as a marketing outlet and a support network for local artisans. New members are always welcome. Please stop in to see us at Creative Company.

\*\*\*\*\*

**Merritt Rhythm and Dance Club**

**Deb Ryan**

**250-378-8821**

Classes in jazz, tap and creative dance are taught in the fall (September-December) and in the Spring (February-April).

\*\*\*\*\*

**Nicola Valley Community Band**

**James Clark**

**250-378-9894**

The Nicola Valley Community Band meets every Thursday evening at 7:00 P.M. in the Coquihalla Middle School music room.

\*\*\*\*\*

**Nicola Valley Heritage Society (Baillie House Committee)**

2202 Voght Street

Box 1105 Merritt BC, V1K 1B8

**250-378-0349**

The main goal of the Nicola Valley Historical Society is to raise sufficient funds to preserve and upgrade the Baillie House property. Meetings are held monthly at Baillie House. New members are always welcome.

\*\*\*\*\*

**Merritt Community Choir**

1874 Juniper Drive Merritt BC, V1K 1J4

**Shelley Sanders**

**250-378-5957**

**Doreen McLean**

**250-378-2355**

Email: [shelleysanders@telus.net](mailto:shelleysanders@telus.net)

The Merritt Community Choir is a non-profit community group. The choir invites men and women who enjoy singing and have some knowledge of music to join. The ability to read music is an asset but not a requirement.

\*\*\*\*\*

**Merritt Library**

1691 Garcia Street  
Box 1510 Merritt BC, V1K 1B8

**Deborha Merrick**

Librarian

**250-378-4737**

Fax: 250-378-3706

Email: dmerrick@hotmail.com

The Merritt library, which is part of the Thompson-Nicola Regional District Library System, offers a large selection of books and magazines for loan to residents of the Nicola Valley. Besides books, there are books on Cd's and feature-length films on videotape. Nine computers provide internet access for members and non-members alike. The library invites local talent to come and hold workshops and clinics. Some of those workshops have taught creative writing, mosaic and metal craft, and bicycle maintenance. There are poetry readings and story telling for adults and children alike. Ask about our storytime every Friday, and the summer reading program.

\*\*\*\*\*

**Nicola Valley Cruisers Car**

Box 3124 Merritt BC, V1K 1B8

**Sam Roline**

**250-378-9569**

Email: ssroline@telus.net

The Merritt club was formed in 1995 by some local residents that shared an interest in the preservation and use of older and special interest automobiles. The Club also participates in out-of-town car shows. Car ownership is not required. Watch for the annual Show & Shine & Swap meet in late June each year.

\*\*\*\*\*

**MEDICAL CLINICS**

**Granite Medical Clinic**

#1-2196 Quilchena Ave., Box 158, Merritt, BC V1K 1B8

**Dr. Bester**

**250-378-9020**

Fax: 250-378-0873

\*\*\*\*\*

**Mountain Medical Clinic**

108-1700 Garcia St Merritt BC, V1K 1B8  
**Dr. P.B.Simon**

**250-315-1455**

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**Nicola Valley Medical Centre**

2087 Granite Avenue  
Box 279 Merritt BC, V1K 1B8

**Dr. D. McLeod**  
**Dr. D. Ross**

**250-378-5115**

Fax: 250-378-6424

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**Optimum Health Medical Clinic**

2035 Charters Street  
Box 69 Merritt BC, V1K 1B8

**Dr. Andries Smit**

**250-378-6010**

Fax: 250-378-6242

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**The Medical Clinic**

2025 Granite Avenue  
Box 998 Merritt BC, V1K 1B8

**Dr. E.J. van der Merwe**

**250-378-6222**

Fax: 250-378-9118

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***PARKS, CLUBS, RECREATION & SPORTS***

**Merritt Otters Swim Club**

**Dallas Brandt**

President

**250-378-6977**

The Merritt Otters Swim Club has been active in the community since the early 1960's. It is a summer club running from May through August each year. Affiliated with the BC Summer Swim Association, it promotes the physical and mental well being of children through competitive swimming. Whether your child is involved in a competitive capacity or simply for fitness and friendship, this club promotes family involvement. The Club is a parent-driven organization and encourages parent participation and family fun. Coaching is done by highly qualified coaches chosen annually by a selection committee of parents. Please contact the Aquatic Centre for information.

\*\*\*\*\*

**Merritt Gymkhana Club**

**Darlene Gellrich**

**250-378-4711**

The Merritt Gymkhana Club is active during the summer months of May through September. The word gymkhana means a display of athletic or equestrian contests. The Club teaches such skills as barrel racing and pole bending to all age groups. All are welcome.

\*\*\*\*\*

**Merritt Golf & Country Club**

1450 Juniper Drive Merritt BC, V1K 1J6

Pro Shop

**250-378-9414**

Maintenance Shop

**250-378-2935**

Fax: 250-378-9408

A nine hole par 36 golf course with double tee blocks. This course features well manicured greens, 16 bunkers and 5 holes containing water. It has proven to be a fun and challenging course for any level of golfer. Well stocked pro shop and licensed clubhouse with light snacks are available.

\*\*\*\*\*

**Merritt Lawn Bowling Association**

**George Vollans**

President

**250-378-8863**

The bowling green is an eight rink, outdoor, grass and flood lit green. Play is Tuesday, Thursday, and Sunday evenings, 7:00

\*\*\*\*\*

**Merritt Men's Slowpitch**

**Earl Nygaard**

**250-378-9229**

\*\*\*\*\*

**Merritt Minor Hockey Association**

Merritt BC, V1K 1B8

**Trevor Schmidt**

President

**250-378-5416**

\*\*\*\*\*

**Merritt Minor Softball Association**

c/o 3355 Panorama Place Merritt BC, V1K 1J4

**Kerry Grozier**

**250-378-2248**

\*\*\*\*\*

**Merritt Mixed Slo-Pitch**

1752 Armstrong St Merritt BC, V1K 1E7

**Bob Simpson**

**250-378-3962**

The Merritt Mixed Slo-Pitch league is active in promoting recreation in the community for adults and youth. The League generally consists of 25-30 teams. There are several tournaments throughout the season for both competitive and non-competitive teams.

\*\*\*\*\*

**Merritt Snowmobile Club**

Box 2076 Merritt BC, V1K 1B8

**Tracy Senio**

Vice-President

**250-315-1082**

\*\*\*\*\*

**Merritt Stock Car Association**

**Lonni Boszki**

**250-315-0474**

Email: [msca\\_1@hotmail.com](mailto:msca_1@hotmail.com)

The Merritt Stock Car Association was formed in 1991. The membership includes everyone from toddlers to seniors. Over the years the Club has become very active in the Community, taking part in a Food Bank Drive, as well as the Toy Run. Merritt Stock Car Association sponsors a Youth Ambassador and award two bursaries each year to graduating students from MSS who have an interest in auto mechanics. Every year the Club tries to enter at least 1 stock car in the Labour Day Parade or the Santa Claus Parade. Located just off Highway 8 between Merritt and Lower Nicola, the Merritt Speedway is the home of the Merritt Stock Car Association, where you will find a concession, souvenir booth, children's playground and non-serviced camping for 2 day events.

\*\*\*\*\*

**Merritt Volleyball Association**

Box 1979 Merritt BC, V1K 1B8

**Dave Finch**

President

**250-378-5464**

Email: [merrittvolleyballassociation@yahoo.com](mailto:merrittvolleyballassociation@yahoo.com)

We have both competitive and recreational play. Our indoor season begins in early September and runs until April. There is both league play and drop-in. We have outdoor courts that are open for anyone to use. Give us a call and join our leagues and drop-ins or use our nets and balls

\*\*\*\*\*

**Nicola Nordic Ski Club**

c/o Box 1499 Merritt BC, V1K 1B8

**250-378-2374**

Website: [www.sonotek.com/kanevly1.html](http://www.sonotek.com/kanevly1.html)

The Nicola Nordic Ski Club, an incorporated society, is a cross-country ski club whose guiding philosophy is "to provide a safe 'wilderness' experience where skiers can enjoy nature in peace and 'tranquility'. The club organizes a few social events such as moonlight skiing and a chili pot lunch outing in January. Formal instruction is not offered, but members are willing to help out new skiers. The Club has a Website and bulletin board. The bulletin board is particularly useful as anyone with access Internet can post the latest ski conditions or queries. The Website is linked to the City of Merritt.

\*\*\*\*\*

**Nicola Valley Figure Skating Club**

Box 1511 Merritt BC, V1K 1B8

**Bernie Nyeste**

President & Registration

**250-378-6691**

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**Nicola Valley Kennel Club**

Box 2583 Merritt BC, V1K 1B8

**Linda Carmichael**

President

**250-378-9967**

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**Nicola Valley Pony Club**

Box 2558 Merritt BC, V1K 1B8

**Marcia Cooper** District Commissioner **250-378-2976**

The Nicola Valley Pony Club is a youth group for children up to 21 years of age. During the months of April through October the students meet in Lower Nicola for horseback riding lessons. The rest of the year they study horsemanship once per week. The students compete in events both in riding and in study against other pony clubs and riders in Canada.

\*\*\*\*\*

**Nicola Valley Rodeo Association**

Box 2699 Merritt BC, V1K 1B8

**Butch Sahara** Contact **250-378-5838**

The Rodeo Grounds are situated on 10 acres in the southwest corner of Merritt. The grounds are owned and operated exclusively by the Nicola Valley Rodeo Association. These grounds were completely re-built in 1983 through the generosity of donations and volunteer help from the citizens of the Nicola Valley, and by BC Government grants. The Association organizes a pro rodeo that takes place the first weekend in September with competitors from across Canada and the United States.

\*\*\*\*\*

**Quilchena "A's" Ladies Fastball club**

**Randy Chillihitzia** Coach **250-378-4960**

\*\*\*\*\*

**Rod & Gun Club**

**Paul Komonoski** President **250-378-4904**

\*\*\*\*\*

**Merritt Flying Club**

Box 1165 Merritt BC, V1K 1B8

**Ian Gordon** President **250-378-6142**

\*\*\*\*\*

**Kamloops Sailing Association**

**Darch Osborne**

**250-378-6166**

Fax: 250-378-4344

Email: [doborne@mail.ocis.net](mailto:doborne@mail.ocis.net)

The Kamloops Sailing Association comprises members from Kamloops and the Nicola Valley. Current memberships stand at about 50. This public club organizes regattas and sailing lessons from a leased site on Nicola Lake at Quilchena. On site wet and dry moorage is available. Dues are approximately \$75/family/year.

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**Nicola Valley Explorers Society**

Website: [www.sonotek.com/nvexplorers.html](http://www.sonotek.com/nvexplorers.html)

The Nicola Valley Explorers Society's primary aims are to assist in the development and maintenance of recreational trails and to promote hiking, cycling, and other non-motorized trail use of the Nicola Valley region. The Nicola Valley Explorers also work with Trails BC to determine a viable route for the Trans Canada Trail through the Coquihalla/Coldwater Corridor. Membership is open to anyone interested in non-motorized outdoor recreation. Annual membership fees are \$10.00 for an individual and \$20.00 for a family. Visit the Nicola Valley Explorers Bulletin Board at our Website.

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**N'KWALA PARK**

Located adjacent to Lions Park on the southeast bank of the Nicola River near the intersection of Voght Street and Second Avenue. This park is an open grass area, with the new lawn bowling green

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**Little Britches Rodeo Association**

Box 232 Merritt BC, V1K 1B8

**Elaine Gill**

**250-378-6827**

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**Merritt Curling Club**

2025 Mamette Avenue  
c/o Box 617 Merritt BC, V1K 1B8

**Jerry Sanders**

**250-378-4423**

The Merritt Curling Club is a volunteer club. The season runs from mid-October to the end of March. A Junior league with a certified instructor runs after school one day per week. Junior rocks are used for youngsters. Schedule of play: Monday and Tuesday at 1:00 P.M. is Senior's League. Tuesday Night - Mixed League. Wednesday - Ladies League. Thursday - Men's League. Friday - Mixed League

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**Claybanks R.V. Park**

1302 Voght Street  
Box 2676 Merritt BC, V1K 1B8

**Jack and Rosemary McNeil**

**250-378-6441**

Fax: 250-378-6444

Email: [info@claybanksrv.com](mailto:info@claybanksrv.com)

Website: [www.claybanksrv.com](http://www.claybanksrv.com)

Claybanks R.V. Park is located along the beautiful banks of the Coldwater River just a quick couple of minutes south of City Centre. The Park has 39 Full Service R.V. pads and 16 spaces for people wishing to put up a tent. The Park operates year round we also have a Gift Shop, Horseshoes, Bocce Ball and Bike Rentals.

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**Fairley Park**

Merritt BC, V1K 1B8

Located on the southwest corner of Quilchena Avenue and Cleasby Street. This park is a fenced green space with children's playground equipment.

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**Lions Park**

Located on the northwest bank of the Nicola River near the intersection of Voght Street and First Avenue. Facilities include picnic tables and restrooms.

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**Main Street park**

Located on Main Street, north of the Coldwater River and Collettville and includes one ball diamond.

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**Rotary Park**

Rotary Park is located at the western end of Maxwell Avenue and behind Parkview Estates (Voght Street) and Nicola Valley Evangelical Free Church. The park has a newly constructed children's water park, paved walking trails, flowerbeds, a large open grassed area, and is equipped with barbecues, restrooms, a band stand and picnic tables.

\*\*\*\*\*

**Voght Park**

Located east of Main Street west of the Coldwater River. Facilities include: ball diamonds, a running track, skateboard park, restrooms and showers available upon request.

\*\*\*\*\*

**Merritt Parks and Recreation**

2185 Voght Street  
Box 189 Merritt BC, V1K 1B8

**Jason Freund** Leisure Services Manager **250-378-4224**

Fax: 250-378-2600

Email: [jfreund@merritt.ca](mailto:jfreund@merritt.ca)

The recreation Manager of the City of Merritt administers the operation of local ball fields and parks. While most facilities are available to all residents to use on a casual basis, some restrictions concerning "Ball Field" usage may apply. If you or your organization are planning an "event" which requires the use of a local public ball or playing field, please book your usage times with the Leisure Services Manager.

\*\*\*\*\*

**Bench Tennis Courts**

Located on Gillis Crescent behind Bench Elementary School

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**Nicola Valley Aquatic Centre**

2040 Mamette Avenue  
Box 189 Merritt BC, V1K 1B8

**Jason Freund**

Front Desk  
Leisure Services manager

**250-378-6662**

**250-378-4224**

Fax: 250-378-2600

Splash into paradise at the Nicola Valley Aquatic Centre. Everywhere you look in this state of the art leisure pool you will be reminded of a Bermudan paradise. The décor of the Centre has been designed with this "civilized" island in mind. Surrounded by pastel colours, palm trees, and giant wall murals of a Bermudan sea scape, you will imagine yourself on this beautiful beach island. The Centre is ideal for families, fun, fitness. Families will appreciate the convenience of a family changing room and the shallow water and warmth of the large free form leisure pool. Featuring a vortex, bubble pool, waterfall umbrella, diving board, rope swing, slide and the lions den (weight room). The Aquatic Centre is home to the Merritt Otters Summer Swim Club

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**Nicola Valley Memorial Arena**

2075 Mamette Avenue  
Box 1034 Merritt BC, V1K 1B8

**Brian Barrett**

Manager

**250-378-4832**

Email: [brbarret@nicolavalley.com](mailto:brbarret@nicolavalley.com)

The Arena serves the Nicola Valley as a year round recreation facility. While the ice is in, the arena offers a variety of recreational skating times throughout the week, as well as, specialty programs. Figure skating, minor hockey, recreational hockey, old-timers hockey, Junior "A" hockey, commercial hockey and Native hockey programs are facilitated by the Arena. In addition, summer hockey schools have been sponsored. During the off-season the Arena remains busy. In the past, Native Pow Wows, Home Shows, Bingos, Ball Hockey, Roller Skating, Volleyball, and the Shrine Circus have taken place in the Memorial Arena.

\*\*\*\*\*

**Quilchena on the Lake Golf & RV Park Ltd.**

Box 68, Hwy 5A Quilchena BC, V0E 2R0

**250-378-2923**

Fax: 250-378-2923

Email: info@quilchenaonthelake.com

Website: *www.quilchenaonthelake.com*

With sheltering hills around, and the blue waters of Nicola Lake nearby, the Quilchena on the lake golf course has a tranquility that draws resident and tourist golfers alike. Set in the heart of ranch country, this 9-hole course, with the shallow Quilchena Creek winding through the property has many facilities to make your stay enjoyable. In addition to the golf course, there is a 25 full serviced grassed RV park with horseshoe pits, fire pit and hot showers. Many visitors to the course take advantage of special stay-n-play packages offered all season. At the clubhouse there is a well stocked Pro Shop, Concession, Licensed bar, Outdoor patio and facilities for tournaments. Men's Night - Tuesday, Ladies Night - Thursday afternoon

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**Badminton Club**

Box 1804 Merritt BC, V1K 1B8

**Ed Morris**

**250-378-2740**

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**Dart Club of Merritt**

Box 1706 Merritt BC, V1K 1B8

**Jim Cooley**

Contact

**250-378-9479**

The Dart Club of Merritt meets and plays every Monday at 7:00 P.M. in the Legion Hall.

\*\*\*\*\*

**High School Rodeo Association**

Box 3055 Merritt BC, V1K 1B8

**Fritz Maier**

National Director

**250-378-9061**

**Elaine Gill**

Merritt Contact

**250-378-6827**

Members of the Association are high school students from the district. They compete in rodeos at the pro level with the last rodeo of the season held at the beginning of June in Merritt. Community support plays an important role in the continued success of the Association.

\*\*\*\*\*

**Merritt Centennials Booster Fan Club**

Box 2116 Merritt BC, V1K 1B8

**Betty Doberson**

President

**250-378-6940**

**Rusty Brewer**

Secretary

**250-378-6445**

Fax: 250-378-4815

Email: rustybrewer@hotmail.com

\*\*\*\*\*

**Merritt & District Tennis Club**

1875 Juniper Drive Merritt BC, V1K 1J4

**Harbans Sandhu**

Secretary

**250-378-5687**

The Tennis Club exists as a Society in the community with the purpose to provide tennis facilities and promote participation in the game through skills training, practice sessions, and various tournaments. Fun tournaments are open to the public and provide opportunities to enjoy the facility and mingle with the club members. Non-club members can obtain access to the courts at other times by obtaining a key from the Merritt Golf Club at the cost of \$3.00 per person. A series of lessons is offered free of charge to beginners and intermediate players with an annual membership. A Junior Coaching Program follows up the lessons for children under nine years of age and others wishing to continue improving their skills.

\*\*\*\*\*

**Central Park**

Located on Voght Street beside the RCMP building. Facilities include Restrooms, Picnic Tables, Ball Diamonds, Gazebo & Kiwanis Playground.

\*\*\*\*\*

**Ladies Fastball Association**

**Sue Kabatoff**

**250-378-9693**

\*\*\*\*\*

**Merritt Tennis Complex**

This outdoor facility is located next to the Merritt Golf & Country Club off Juniper Drive and has four courts for use. See Merritt & District Tennis Club(top of page)

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**Lower Nicola Ball Fields**

**Clarence Rauch**

**250-378-2630**

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***POLICE/COURT/LEGAL SERVICES***

**Citizen's Patrol**

c/o RCMP- Merritt Detachment  
2999 Voght Street Merritt BC, V1K 1G9

**250-378-4262**

Fax: 250-378-9796

\*\*\*\*\*

**Merritt Community Policing Office**

**250-378-3055**

2103 Quilchena Ave., Box 189, Merritt, BC V1K 1B8

**Constable Tracy Dunsmore** Community Policy Officer

**Tina Acreman**

Merritt Community Policing Coordinator

Email: [cpo@merritt.ca](mailto:cpo@merritt.ca)

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**Nicola Valley Aboriginal Community Justice Program**

2187A Coutlee Ave  
Box 819 Merritt BC, V1K 1B8

**250-378-5010**

Fax: 250-378-9611

This program provides aboriginal and non-aboriginal individuals, families and communities with the opportunity to develop and participate in structured alternatives to the traditional court system in dealing with criminal and potentially criminal matters. This program offers an alternative measures component as well as community based restorative justice forums. For more information on the above programs, please contact our office.

\*\*\*\*\*

**Nicola Valley Advocacy Centre**

2025 Granite Ave.  
Box 819 Merritt BC, V1K 1B8

**Andree Harley** Project coordinator/Advocate **250-378-9632**  
**Cliff Thorstenson** Supervising Lawyer

Fax: 250-378-9796  
Email: andreeh@uniserve.com

The main purpose of this Centre is to provide legal information and advice to clients who cannot afford a Lawyer. Although all clients are welcome, people with the means to pay for legal services are encouraged to use other resources.

\*\*\*\*\*

**Nicola Valley Family Justice Services Society**

**Linda Etchart** **250-378-5010**  
**Colleen Twan**

"The mission of Family Justice Services Division is to promote the timely and just resolution of disputes outside the traditional court system." Nicola Valley Family Justice Services Society is a non-profit organization that provides services to First nations as well as to the general public. The Society is directed by a Board comprised of elders, community members and resource people from the field of law and social services.

\*\*\*\*\*

**Royal Canadian Mounted Police**

2999 Voght St  
2999 Voght St. Merritt BC, V1K 1G9

**250-378-4262**

\*\*\*\*\*

**RELIGIOUS AFFILIATIONS**

**Knights of Columbus**

Box 732 Merritt BC, V1K 1B8

**Jim Etchart** Grand Knight **250-378-4825**  
**Joe Kalfics** Treasurer **250-378-4961**

The Knights of Columbus are a men's fraternal, family oriented organization affiliated with the Catholic Church. The Knights have annually supported the Cancer Fund, the Heart & Stroke Foundation, Care-A-Van, C.N.I.B and the Nicola Valley & District Food Bank. They also participate in staffing Meals on Wheels.

\*\*\*\*\*

**United Church - Trinity**

1899 Quilchena Ave.  
Box 175 Merritt BC, V1K 1B8

**Reverend Juanita Austin** Minister **250-378-5735**

Email: [tucmerritt@uniserve.com](mailto:tucmerritt@uniserve.com)

Website: [www.united-church.ca](http://www.united-church.ca)

Trinity United Church of the United Church of Canada welcomes all persons to worship with them on Sunday mornings at 10:00 A.M. Sunday school at 10:00 A.M. Sunday morning. Mid-week activities include: United Church Women and Adult Bible Study. The members live out their faith in their involvement in community affairs, in supporting the local Food Bank, and in other ways that happen from time to time. The Local A.A. and Al-Anon and Better Breathers groups meet in the Church Hall.

\*\*\*\*\*

**St. Michael'Anglican Church - St. Michael's**

1990 Chapman Street  
Box 1509 Merritt BC, V1K 1B8

**The Reverend Mike Watkins** **250-378-3772**

Fax: 250-378-3969

Email: [watkinsm@telus.net](mailto:watkinsm@telus.net)

Serving the community of Merritt and the Nicola Valley since 1913, and at St. John the Baptist, Upper Nicola, since 1900. Our ministry of loving God and loving neighbours is a response to our belief in a God of forgiveness and unconditional love as revealed to us in the words and actions of Our Lord Jesus Christ. We welcome all to our Sunday Services of Holy Communion at 8 A.M. (Book of Common Prayer) and 10 A.M. (Book of Alternate Services). Church (Sunday) School is active from September until May. Please join us for worship fellowship, and studies.

\*\*\*\*\*

**Seventh Day Adventist Church**

2190 Granite Ave  
Box 550 Merritt BC, V1K 1B8

**Pastor Herman Kneller** **250-378-2675**

The Seventh-Day Adventist Church in Merritt is a local congregation of the BC Conference of the Seventh-Day Adventist Church in Canada and has at its disposal, all the programs and resources of the world wide Church. Services provided locally are emergency assistance to those who lose their home and possessions in a fire, health and educational programs designed to facilitate healthy lifestyle change, and personal or group Bible studies to promote spiritual growth. Regular Services are held as follows: Sabbath Bible Study - Saturday, 9:30 A.M., Sabbath Worship Service - Saturday, 11:00 A.M.

\*\*\*\*\*

**Roman Catholic Church - Sacred Heart Parish**

2326 Jackson Ave  
Box 732 Merritt BC, V1K 1B8

Religious Education Office **250-378-2919**  
**250-378-2919**

Fax: 250-378-2943  
Email: sachrtch@shaw.ca

The Catholic Church provides services which include: week-end Mass on Saturday evenings, Sunday mornings and daily weekday Mass. The Church also offers preparations for the Sacraments of Baptism, Marriage, and the opportunity to provide for private confessions and visits to the sick and shut-ins. Religious Education classes are provided for the young children (Grades 1-7) and for adults through a course of instruction. There are two active adult organizations in the community: The Catholic Women League and the Knights of Columbus.

\*\*\*\*\*

**Merritt Sikh Society**

2399 Chapman Street  
Box 1552 Merritt BC, V1K 1B8

**Sukhdev S. Sandur** President **250-378-2445**

\*\*\*\*\*

**The Church of Jesus Christ of Latter Day Saints**

Box 462 Merritt BC, V1K 1B8

**Robert Jensen** President **250-378-8757**

Fax: 250-378-8757

We are a Christian Church patterned after Christ's Church. Sunday worship is held at 10:00 A.M. at 2164 Quilchena Ave.

\*\*\*\*\*

**Crossroads Community Church**

2990 Voght St.  
2990 Voght St Merritt BC, V1K 1C8

**250-378-2911**

**Ruth Knight** Administrator  
**Kurt Keppler** Associate Pastor (counsellor)  
**Sherry Peterson** Youth Leader

Fax: 250-378-2953  
Email: fgt@uniserve.com

\*\*\*\*\*

**Family Worship Centre**

2054 Coutlee Ave Merritt BC, V1K 1B8

**Pastors Al & Sue Dodding**

**250-378-1965**

Sunday Services are held at 10:00 A.M.

\*\*\*\*\*

**Nicola Valley Evangelical Free Church**

1950 Maxwell Ave

1950 Maxwell Ave Merritt BC, V1K 1L9

**Adam Koleba**

Youth Pastor

**250-378-9502**

**Clint Heigh**

Pastor

Fax: 250-378-9502

Email: akoleba@telus.net

The N.V. Evangelical Free Church provides ministries for the entire family. Our exciting "Sunday Night Live" program convenes at 6:00 P.M. with classes for all ages from September until May. Our Sunday Morning Worship Services begin at 10:30 a.m. and usually include a Praise Team leading a time of singing followed by a relevant Bible-based message. We also have weekly youth nights for teens in "The Hood," a cool hangout with awesome wall art, foosball, pool table, arcade games, stereo, etc. The Junior High (Grades 7-8) meets Tuesdays 7 PM in "The Hood," and the Senior High (Grades 9-12) meets Thursdays 7 PM in "The Hood." Adults are encouraged to participate in any one of the several weekly Home Care Groups in which they study the Scriptures.

\*\*\*\*\*

**Catholic Women's League**

Box 2956 Merritt BC, V1K 1B8

**Rose Riordan**

President

**250-378-6062**

The Catholic Women's League is a women's organization which supports Roman Catholic Church activities within the Church. The local League has a voice in Diocesan, Provincial and National decisions. Our motto is "For God and Canada". The League members work in the areas of Church life, Christian Education, Christian Family Values, and Community Life.

\*\*\*\*\*

**Anglican Parish - SCW'EXMX**

28 Neale Rd, Shulus  
Merritt BC, V1K 1B8

**Reverend Mike Watkins**

**250-378-6592**

Sunday Services are at 11:30 A.M.

\*\*\*\*\*

**Baptist Church - Fellowship**

2499 Coutlee Ave  
Box 977 Merritt BC, V1K 1B8

**Pastor John Rankin**

**250-378-2464**

Fax: 250-378-2464

The Fellowship Baptist Church in Merritt is part of the Fellowship of Evangelical Baptist Churches in Canada. Their purpose is to bring a message of hope to a hurting world. They seek to accomplish this with ministries such as Children's Sunday School, Gym Night, Youth Group, Adult Fellowship, Worship and a variety of small home based groups for growth and fellowship. As a church, they are pleased to respond to the needs of individuals in the community, and they plan their Church ministries with this in mind. The Church building is located on the corner of Coutlee Ave. and Orme St. Everyone is welcome. Sunday services and children's Sunday School start at 10:30 a.m.

\*\*\*\*\*

**Kingdom Hall of Jehovah Witnesses**

Box 1658 Merritt BC, V1K 1B8

**Robert Hunt**

**250-378-0337**

\*\*\*\*\*

## Senior's Housing

### The Florentine

4100 Belshaw Street,  
Merritt, B.C. V1K 0A5

**250-378-5300**

Fax: 250-378-5350

Email: [admin@theflorentine.ca](mailto:admin@theflorentine.ca)

Website: [www.nicolavalleyseiorsresidence.ca](http://www.nicolavalleyseiorsresidence.ca)

The Florentine is the Nicola Valley's newest senior residence featuring independent living, assisted living, and complex care. We provide excellent meals prepared by our executive chef, an abundance of activities to participate in, and lots of common space for residents to socialize with family and friends. Our goal is to provide our residents with exceptional care and support while nurturing the spirit of each individual allowing one to age in one place with dignity.

\*\*\*\*\*

### Nicola Valley Affordable Housing Society

4101 Belshaw St  
4101 Belshaw St Merritt BC, V1K 1P4

**Sue Thomas**

Coordinator

**250-378-5262**

Fax: 250-378-5236

Email: [nvahs@ocis.net](mailto:nvahs@ocis.net)

The NV Affordable Housing Society functions to promote and provide safe, accessible and affordable housing in the Nicola Valley. The Society provides education, promotes awareness, and lobbies/networks with local, provincial, and federal groups regarding housing and other needs of people with low incomes. The Society also works with other agencies to support special needs groups and work towards eliminating poverty (and its effects), improving the quality of life for all ethnic groups, and encouraging and facilitating cooperation amongst the diverse people of the Nicola Valley.

\*\*\*\*\*

**Nicola Valley Seniors Housing Society**

1926 Coutlee Avenue  
Box 174 Merritt BC, V1K 1B8

**John Isaac** Homelife Decade Real Estate Ltd. **250-378-6181**

The housing complex managed by the Society consists of 7 bachelor units and 7 one-bedroom units.

\*\*\*\*\*

**Phelan House**

2336 Jackson Avenue  
Box 3076 Merritt BC, V1K 1B8

**Alex Street** **250-378-4687**

Fax: 250-378-2555

Phelan House is government subsidized housing available for Senior Citizens.

\*\*\*\*\*

**SENIOR CITIZEN'S ORGANIZATIONS**

**Senior Citizen's Association & Complex**

2202 Jackson Ave  
Box 2935 Merritt BC, V1K 1B8

**Doug Sanderson** President **250-378-2776**

**Betty Bond** Secretary **250-378-5068**

The Senior Citizen's Association of Merritt is part of the Old Age Pensioner's Association of Canada (O.A.P.A.). The Senior Citizen's Association has been in existence since 1972 and currently has approximately 150 members. A number of scheduled activities are held throughout the week at the Senior Citizen's complex. These activities include: arts and crafts, whist and crib, bingo, bridge, line dancing, floor curling, carpet bowling, shut-in lunch, pot luck supper and a games night. The Association donates to local organizations such as Coquihalla Gillis House, NV General Hospital, Merritt Lawn Bowling, Lifeline, the Museum and the Food Bank. Monthly meetings are held the second Friday of each month with the AGM in October.

\*\*\*\*\*

**Senior Citizen's Counselling Services**

**250-952-1238**

Fax: 250-952-1159

The counsellors are seniors themselves who are interested in and care about fellow Seniors. They are knowledgeable about services and resources for seniors and can help to complete application forms, provide information about various programs and benefits for seniors, and lend advice on such matters as consumer affairs, writing a will, discounts, and activities for seniors.

\*\*\*\*\*

***VETERINARY CLINICS***

**Nicola Valley Veterinary Clinic**

1802 Charters St  
Box 1660 Merritt BC, V1K 1B8

**Dr. Liz Ladyman**

**250-378-6136**

Fax: 250-378-6125  
Email: [nicvet@uniserve.com](mailto:nicvet@uniserve.com)

\*\*\*\*\*

**High Country Cow-Calf Health Services**

Box 3030 Merritt BC, V1K 1B8

**Jean Lauder DVM**

**250-378-2253**

Fax: 250-378-2253  
Veterinary services for horses and beef cattle.

\*\*\*\*\*

**Merritt Veterinary Hospital**

2171 Douglas St  
Box 938 Merritt BC, V1K 1B8

**Dr. Paul Molnar**

**250-378-2120**

Fax: 250-378-4221

The Merritt Veterinary Hospital is the largest veterinary facility in the Nicola Valley. The office provides medical and surgical care for pets and livestock as well as laboratory services for animals. Horses and cattle can be examined indoors. Pets can also be boarded. Dr. Molnar and staff are proud of the standard of care that they provide. Emergency service is available through the office.

\*\*\*\*\*

***YOUTH GROUPS, YOUTH RECREATION, SERVICES FOR YOUTH***

**Merritt Baptist Kid's Club**

2499 Coutlee Ave.  
Box 977 Merritt BC, V1K 1B8

**Pastor John Rankin**

**250-378-2464**

Gym nights for grade 3-6 Thursday nights. Special children's and youth events throughout the year. Please contact the church for more information.

\*\*\*\*\*

**Merritt & District Youth Resources Society**

2187A Coutlee Ave

**See Page 10**

**250-378-4878**

Fax: 250-378-9611

This program also manages the Merritt Teen Centre from Monday to Saturday, 6:30 A.M. to 10:30 P.M. The Teen Centre can be reached by calling 315-0248.

\*\*\*\*\*

**Nicola Valley Evangelical Free Church Youth Groups**

1950 Maxwell Avenue  
1950 Maxwell Avenue Merritt BC, V1K 1L9

**250-378-9502**

Please contact the Church for more information. Also see under Nicola Valley Evangelical Free Church, page 77

\*\*\*\*\*

**Nicola Valley 4-H Club**

See page 2

\*\*\*\*\*

**Crossroads Community Church Youth Group (“One Way Krew”)**

2990 Voght St. Merritt BC, V1K 1C8

**Sherry Peterson** – Youth Pastor

**250-378-2911**

Email: [admin@merrittcrossroads.com](mailto:admin@merrittcrossroads.com)

Meetings on Tuesdays, 6:30 P.M. for Worship and Bible Study at Crossroads Community Church (across from RCMP)

\*\*\*\*\*

**Rocky Mountain Ranger Cadets Corps**

Box 1990 Merritt BC, V1K 1B8

**Captain H. Stewart**

Commanding Officer

**250-378-9485**

**Captain A. Grenier**

Deputy Commanding Officer

**250-523-9671**

**250-378-5679**

Fax: 250-315-1034

Email: [950Army@cadets.net](mailto:950Army@cadets.net)

Website: [www.cadets.net](http://www.cadets.net)

Army Cadets assist young Canadians to develop self-confidence and leadership ability, improve their level of physical fitness, and learn something about the Canadian Army. Every year thousands of young people take advantage of what Army Cadets offers. Many Army Cadets are selected for summer training courses. These courses are two, three, or six weeks in length and are free of charge. Other activities include: rock climbing, canoeing, and playing a musical instrument. Registration is free and open boys and girls age 12 to 19.

\*\*\*\*\*

**Scouts Canada - Merritt**

c/o Box 2334 Merritt BC, V1K 1B8

**Roland Fischer** Contact **250-378-6970**

Nicola Valley Scouting is represented by the 1st Collettville - Merritt Beavers, Cubs and Scouts. This is a co-ed group offering a recreational program to the children of the Nicola Valley. The Beavers program (ages 5 to 7) is a flexible program which focuses on co-operation and playing in small groups. The motto here is: "Sharing, Sharing, Sharing". The World Cub program is designed to meet the interests of children 8, 9, and 10 years old. The program includes a mixture of games, crafts, music, stories, etc. Scouts provide a program for the 11 to 14 year old youth although youth may continue to remain in the scout troop to age 16 years. The emphasis here is on citizenship development. The Scout motto is: "Be prepared"

\*\*\*\*\*

**Merritt Juvenile Soccer Association**

**Andrew U'ren** Contact **250-378-9085**

\*\*\*\*\*

**Girl Guides of Canada/Guides Du Canada**

1655 Lindley Cr. Rd Merritt BC, V1K P7

**Joyce Perrie** District Commissioner **250-378-4768**

This world-wide organization aims to suit its programming to the needs and aspirations of girls and young women today. It inspires an ethic of cooperation while encouraging leadership potential. This organization works to build the self-esteem of young girls, enhance pride in the female gender and equips girls to function independently in these complex, competitive times.

\*\*\*\*\*

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