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Art Therapy in Merritt

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

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

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






ANNUAL GENERAL MEETING

**Tuesday January 27th – Interior Savings
Community Room 6pm**

Everyone Welcome

Join us for our 2026 Soccer Season. We are looking for new members to volunteer, various positions include: Board of Directors, Head & Assistant Coaches, Division Reps, Referees, and Registrar.

For more information email us: info@merrittyouthsoccer.com
<https://www.facebook.com/MerrittYouthSoccer>
<http://merrittyouthsoccer.com/>



FARM FRESH
FREE RANGE EGGS

\$7.00 PER DOZEN

Baillie House

2202 Voght Street, Merritt, BC
250-378-0349



MERRITT MORNING MARKET

WEEKEND EDITION - JANUARY 23, 2026 #4188
News, opinion, community events since 1996! Box 2199, Merritt, BC V1K 1B8
Tel: (250) 378-5717 Fax: (250) 378-2025 Email: market@uniserve.com

Int'l Women's Day nominations

March 8, is International Women's Day, and this year marks the 21st celebration to honour women here in the Nicola Valley. If you have any amazing women in your life that you would like to recognize, please let us know!

We want to celebrate the women in our community who are working hard to create and support positive changes, and a healthy community. Please nominate those women who have positively influenced your life, the lives around you, or the community.

The deadline for nominations is February 13 at noon. Nominations may be sent to nvwomeninaction@gmail.com. Include contact information for you and your nominee and the reasons for your nomination. Only one nomination per person please.

Petition to delay school closure decision

A group of concerned parents is asking Nicola-Similkameen SD58 to delay their decision regarding a school closure for one year due to insufficient information and unaddressed impacts on students in the community.

The group is hoping that whatever your opinion on the matter, parents, caregivers, and community members to come together — and add their name to the petition.

It starts: "At this time, there is insufficient information, planning, and community confidence to support a decision of this magnitude. Families are not opposed to change when it is necessary and well planned. However, we are concerned about decisions being made without adequate evidence, transparency, or a clear demonstration of how student well-being will be protected. Given the permanent nature of a school closure, the level of evidence and planning required should be proportionate to the long-term impact on students, families, and the broader community..."

The link to the letter is circulating on local facebook pages, or go to: https://docs.google.com/forms/d/e/1FAIpQLSfLrTEKHgEBu9OhAILoLzRyc-jNUGBCEUSF04QgS5GAg3TY6Hmw/viewform?fbclid=IwZXh0bgNhZW0CM-TAAYnJpZBExNH12bWVjNmtOd09N-WnBaR3NydGMGYXBwX2IkEDlYmJjAzO-TE3ODgyMDA4OTIAAR7C6cSQME-Bz_4_nnATOk1fIIfwkD543ymIBq2L-g28OqpBzZscXYQZ_46zVMoA_aem_1q-SIPB8T9wg7_f37hj4vmQ

Challenge and Persist The Origins of the BC Civil Liberties Association, by James Dybikowski

James Dybikowski is Professor Emeritus at UBC, formerly Head of the Dept of Philosophy & Associate Vice-President of UBC. He and his wife Libby lived in the Nicola Valley from 2006-2020, at Miller Estates, until they "could no longer manage lifting bales of hay etc.", according to Jim.

Last Fall, he published an account of how the BC Civil Liberties Assoc. came to be, the external and internal difficulties that it struggled to overcome, and how it came to be as successful as it was — he had been persuaded that the story was well worth telling before it was forgotten. The book draws on resources, some in the public realm, but a good number not. And Jim saw much of it first hand; he joined the BCCLA in 1969 and by 1975 was elected Vice-President, and President in 1977 and 1978.

The book covers the BCCLA's founding in 1962, as well as its predecessor group which layed a foundation. It covers the many very interesting landmark cases which it participated in, as BC took slow steps into the realm of rights & freedoms: Doukhobors & Sons of Freedom, theater & book censorship, start of legal aid, educating the public on civil liberties, religious freedom, the Heroin Treatment Act, and more.

There will be a few copies available in the near future at the Merritt Public Library. Copies can also be obtained by emailing Jim directly at jamesd@mail.ubc.ca

What do you call a paper airplane that won't fly? Stationary.

I'm so good at sleeping. I can do it with my eyes closed.

Doctor: "I'm sorry, but you suffer from a terminal illness and only have 10 to live."
Patient: "What do you mean 10? 10 what? months? weeks?" Doctor: "9, 8, 7..."

Q. How much room is needed for fungi to grow? A. As mushroom as possible

Family Literacy Week: Unplug & play Literacy night at Cents games this weekend

Family Literacy Week starts with the Sat Jan 24 & Sun Jan 25 Merritt Centennials home games sponsored by Beem Credit Union and Literacy Merritt & Nicola Valley Society. Bring a book to donate to the Bright Red Bookshelves Book Drive.

Family Literacy Week is Jan 24-31 and focuses on raising awareness about the importance of reading and engaging in literacy-related activities as a family. Lots more favourites through the coming week: *Come Read With Me* at the elementary schools; *Explore Art Literacy* at the art gallery; the *Community Playground* at the NVIT gym; and *Active Stories* at the dance studio. Many of these and other literacy links and resources will be posted online. For more details, visit literacymerritt.com or facebook.com/LMNVS.

Community Merritt Youth Soccer AGM

MYSA annual general meeting will be held Tues Jan 27, 6pm in the Community Room at Interior Savings. The group is looking for new members to volunteer for several positions. Everyone welcome. FMI info@merrittyouthsoccer.com or at their website merrittyouthsoccer.com

SD58 'Potential School Closure' mtgs

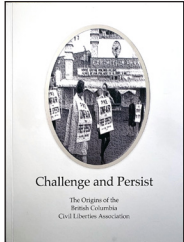
Potential School Closure meetings continue: Lower Nicola, Nooaitch and Shackan Bands Jan 28 5pm @ Rocky Pines Community Ctre. Upper Nicola Band Jan 29 5pm@ N' kwala School Gym. Coldwater Indian Band Feb 2 5pm @ Coldwater School Gym. FMI www.nssd.ca/school-closure-process

Budget open house

The City of Merritt will host an Open House on Thurs, Jan 29, in the afternoon 12noon-2pm (presentation at 12:30pm) and in the evening 6-8pm (presentation at 6:30pm). Learn about the proposed changes to the municipal budget for the coming 5 years — get informed, ask questions, and provide feedback on how public funds are allocated to services and projects that impact the community.

Tobogganing Races

This is the 2nd year for this family friendly event — Feb. 7th, 2026. Registration Forms can be found the Merritt Library & Breathebikes MerrittBC or register online @ eventbrite. (\$12 per entry). Early registration includes free lunch. FMI, text Cecilia 250-315-0022 or email gcdyck@hotmail.com



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2037 Quilchena Avenue, Merritt BC 250-378-2155



NICOLA VALLEY & DISTRICT
METIS SOCIETY

AGM & ELECTIONS
JANUARY24, 2026
11AM

Conayt Friendship Center
Purple door in alley



BEEM
CREDIT UNION
Unplug and Play
Family Literacy Week

Family Literacy Week

January 24 - 31, 2026

Visit literacymerritt.com for the calendar of events



The Caring Cutter

Patti - 778 865 0533

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

1922 Voght St., walk-ins welcome

THE STYLIST/ BARBER IS IN

Cash or e-transfer only

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Connect and Play with the MERRITT PICKLEBALL CLUB!

Open play for all skill levels and a perfect way to stay active and make new friends.

Call John (604)841-8911 • Gian (250)315-3376 for more info or merrittpickleballclub@gmail.com

Rediscovered Treasures

Exhibition Jan 7-31, 2026
Bidding opens January 9



Come join us for a heartfelt celebration of art, generosity, and sustainability

Every piece in this collection has been donated by members of our community — each one carrying a story, a memory, and now, a chance for a fresh start

COME VISIT THE GALLERY AT THE NICOLA VALLEY ARTS CENTRE

HOURS:
Mon-Sat 10am-5pm
Sunday 12-4pm

2051 VOGHT ST.,
ENTER BESIDE KEKULI CAFE



Nicola Valley Community Arts Council




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



MERRITT MORNING MARKET

FRIDAY EDITION — JANUARY 23, 2026 #4188

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

SALES

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

PERSONAL

LOST: Chain w/ medallion 315-7771

FOUND CAT. Appeared at Sunshine Valley address: Shorthair tortoiseshell young female cat. 378-6540

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

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

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

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

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

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

ALANON (for friends & families of alcoholics) every Monday @ 6pm Trinity United Church Hall

ELKS EVENTS: Every Wednesday Bingo, doors open 11am, ends 3pm. Every Friday Nite Bingo, doors open 4pm, ends 10pm. 1701 Coldwater Ave.

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

SERVICES

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

DOG GROOMING (All Sizes) . I have a few openings for new clients, located off Iron Mountain Road... please text or leave a message 604-220-7353

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

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

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

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

SCRAP FOR CASH. I'll come to you. Batteries, brass copper, aluminum, stainless, wire. Call or msg 604-618-8710, or the middleman@shaw.ca Fast service,

CERTIFIED TREE FELLER, w/ wd chipper, sml truck & trailer, will do residential, fruit trees, etc. 378-6431

EAGER, RELIABLE man w/ 4x4 truck & trailer, avail. Dump runs, deliveries, plywood, sand, gravel, appl., housewares Greg 315-7525, (250)320-2054 Fast, courteous service

EMPLOYMENT OPPORTUNITY

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

FOR SALE - APPLIANCES

MICROWAVE new 1200W family size Panasonic Genius \$150 378-5394

FRIGIDAIR stove, 2 yrs old \$250obo. Vitara fridge, 10 mos. old \$400obo. Amana washer & dryer, 4 yrs old \$300/pr obo 280-0543

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

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

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

MICROWAVE \$30 378-0838

ARCTIC AIR a/c 5000btu 18.5wx-15.5dx12"h \$25. Kenmore a/c 12,000btu 18wx15dx22 \$100. **Wshr/dryer** \$300/pr. Elect. **fireplace** w/ remote \$100. Gas stove, dbl oven, Americana \$150. Inglis fridge \$75 315-0415

FOR SALE - AUTOMOTIVE

1991 FORD F150 4x4 378-7124

4 MICHELIN A/T tires 275-65-R18, tires were take offs, lk nw \$400 280-0769

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

SET OF 4 TIRES, good rims, 245-17 winters for Ford \$400. Calvin 778-586-8362

ALUM. dry box combination tonneau cover for full size pickup truck with 6 ft. box. \$450obo. 315-2080

4 SALIUN tires 205/55/R16 M+S, used for 5 months \$225 378-2226 after 5pm

PARTING OUT: 2010 Ford F150, Lots of good stuff, Various prices or take truck for \$700 Text 250-936-8982

TIRES: Five 185/65R15 snowflake. Two 215/65 17" wntr snowflake M&S. Two 215/55R17 winter snowflake. Four 195/65 16" snowflake. Four 185/65R15 winter studded, brnd nw. Rick 936-8885

2005 DODGE 1500 4x4 SLT, auto, quad cab, 4 tires w/ snowflake last yr, gd glass, vry gd cond, vry reliable, lots work done, 220,000km, \$8000obo. Greg 315-7525

FOR SALE - PETS / LIVESTOCK

TWO BEAUTIFUL large Angel Fish \$15/pair. 936-9912

6-8 PIGEONS with a good metal roost for them, to give away. 378-4947

30-GAL. fish tank, LED lights, 2-in-1 filter pump, bubble pump, gravel, ornaments, fish net, hand-held cleaner for glass \$250 315-3981

6 FT HINGED plastic dog ramp (astro turf lined for traction) \$95. Large well built **dog house** (insulated, aluminum roof, wavy-edged cedar siding) \$150 firm. Large Petmate portable plastic **dog kennel** \$135. Earl 378-5038

MUSKOVY & Cayuga ducks 378-4476

2 MALE kittens to grt homes 250-682-2012

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

FREE: Lonesome ringneck male dove w/ outdr cage. Hawk got mate 378-3496

FOR SALE - MISCELLANEOUS

HEAD mount cougar rug, offr. 378-5038

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

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

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

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

FREE 4 burner propane range w/ lrg-oven. Free wht dble porcelain **kichen sink**. Free wht bthrm sink - 4". Kane Valley Area but can drop off 604-312-1954

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

UNPASTEURIZED raw honey: \$40 for 8 cups, \$20 for 4 cups, \$10 for 2 cups, \$5 for 1 cup. 378-4947

GRANNY'S House Quilting & Retreat has sewing notions from Pat's Patches 378-3734

FOR SALE - FURNITURE

VINTAGE Half Canopy single bed. frame \$75 378-6787

SINGLE SIZE solid wood storage bed frame with 3 drawers and a headboard in great condition for \$100obo 315-9713

DOUBLE BED with box spring, frame, stands and set of sheets, gd condition just no room \$125obo. 4 **bar stools**, like new \$125 all 4 obo. **Pedestal sink** \$40. **Rocking chair** \$40. 2 **swivel rocking chairs**, light rose in colour, very nice looking \$375obo. 378-7333

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

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

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

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

FILE CABINET 4 drawer legal size \$75. Oak queen **headboard** and bed frame \$25. Matching oak large **dresser** with mirror \$75. Royal Dalton Country Roses **china set** \$300. Bob 250-574-3598

HIDE-A-BED \$50obo. Rocking chair \$15. TV stand \$10. 378-8838

2 GRAVITY Chairs \$50 each 936-8387

FOR SALE - ELECTRONICS/SOFTWARE

4 - TV'S 48", 41", and 2 32-inch. Phone for price 378-7333

SIRIUS RADIO w/ access., nw cond \$100 378-9169

FOR SALE - RECREATIONAL

SAUER 3000 Carl Gustaff 6.5x55 with 6-24x50 scope. Very nice condition, silky smooth, very accurate \$800 hlangeloo46@gmail.com

MUECCI pool cue w/ case, brnd nw. value \$800+, sell \$600 hlangeloo46@gmail.com

SHAKESPEAR Wondertrol. 606 electric outboard motor with 12v battery and battery box \$75 378-6787

WINCHESTER 3" mag Mdl 12 shotgun, rarely used/lk nw \$850. Earl 378-5038

AIRSTREAM Trailer, 24 ft, 1971. Electrical works, tires are good. Small dent in outside roof, but nice little retro trailer \$8500, e-mail wyndburr@outlook.com

3-WHL e-bike, 90km total, pd \$3450, sell \$2700. 378-4572, snitch11@outlook.com

1987 TRAVELAIRE 16ft Recreation Trailer \$4000. 2012 flatdeck utility trailer \$1500. **2012 Haulrite** 5/10ft utility trailer w/ ramp & boat rack \$2500. 2003 **utility trailer** offr. **Utility trailer & camper** \$1000. Flat bottom **boat** \$500. 2 electric **motors** \$85. 315-0011 Aspen Grove

10' alum. boat, no leaks. \$250obo 315-2080

BICYCLES, Various prices, Various sizes Text 250-936-8982

FOR SALE - TOOLS/EQUIPMENT

220 VOLT construction heaters, built in thermostat, 2 avail. \$50 each 378-8802

SNOW blower, elect., works great \$60 315-5946

EARLY 1950s tractor/front end loader, offers 378-7124

DELTA 2hp cabinet saw \$800 378-6260

DELTA 10" table saw with roll around kit, like new condition \$450. 378-6787

2021 EQUIPT TRLR bumper pull, 20ft deck, tandem 14,000lb axles, exc shape \$7500 315-3071

225V MILLER welder and cables. Oxy and Act gauges, 4 small tanks, hoses, bottle cart \$200. 378-6787

WANTED/WANTED TO BUY

RECORDS, hockey cards, hunting knives, Johnny Cash memorabilit. Tom 778-288-4095

SMALL wood dog house, 315-2249

WTD: CHEAP VEHICLE under \$1000 ASAP 280-3917

45-GAL. barrel, cln plstc or stl 378-6421

WANTED: free fixer upper bikes (Adult), free working dryer, clean smoke free hide-a-bed for spare room. 315-5437

OLD PRE-1980S boys type toys 250-808-3579, totallytuned@iCloud.com

FOR SALE HOUSE/PROPERTY

FOR SALE BY OWNER building lot in Collettville (1420 Pine); +-12,000 square feet, +-9,600 sq. ft. "buildable." \$80,999. FMI michaelasages@proton.me 604-916-9289

12X60 MBL HOME, must be moved All offers considered. Mess./text 315-7803

FOR RENT

4-BDRM house, 2-bth, immed. 378-4392

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

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

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

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

2 BDRM bsmt st, reno'd 2 yrs ago. 1 bth, F/S, w/d, shared yard, walking dist. to dwntrn. \$1600 incl gas & hydro. 280-2493

3-BDRM townhouse, 1.5 bths, immed. \$1800 280-5020

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

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



K'en T'em
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Rediscovered Treasures

Exhibition Jan 7-31, 2026
Bidding opens January 9



Come join us for a heartfelt celebration of art, generosity, and sustainability

Every piece in this collection has been donated by members of our community – each one carrying a story, a memory, and now, a chance for a fresh start



HOURS:
Mon-Sat 10am-5pm
Sunday 12-4pm

2051 VOUGHT ST.
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MERRITT MORNING MARKET

CHECK OUT
OUR FEATURE
PHOTO
EVERY ISSUE,
ONLINE



Puzzle #1

4					7	9	
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Puzzle #2

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4							5	1	

Puzzle #2

Puzzle #1

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Leave a comment online at our website: merrittmorningmarket.com