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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  
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or email Jennifer at  
[jchemagoarttherapy@gmail.com](mailto:jchemagoarttherapy@gmail.com)



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Citxw  
Nlaka'pamux  
Assembly

We are pleased to announce that we have more job opportunities to join the Citxw Nlaka'pamux Assembly. Please visit our website to view the following job postings available:

CNA - Elders Coordinator

CNA - Employment and Training Assistant

CNA - ?eskntwex™ General Clerk

CNA - Human Resources Support Clerk

CNA - Special Projects Lead

CNA - Territorial Stewardship Assistant - Interim Leave Coverage

CNA - Youth Coordinator

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

Citxw Nlaka'pamux Assembly  
Email: [HR@cna-trust.ca](mailto:HR@cna-trust.ca)  
In-Person: 2025 Granite Ave, Merritt, BC

We offer competitive wages, benefits, pension, internal training, and professional development to support the right candidate. We believe in initiative, respect and community values. If you have some of these qualities and believe you would be of value to our organization, then we want to hear from you!

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





MERRITT MORNING  
MARKET

Please  
recycle

MONDAY EDITION - FEBRUARY 9, 2026 #4195

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

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

Decommissioning  
of the KVR Rail Trail  
near Princeton

On Friday, the prov govt announced that a damaged section of the Kettle Valley Rail Trail, which has been closed since the November 2021 flood, will soon be decommissioned for reasons of public safety. Work is to begin this spring and is expected to take 2-3 years.

The 67-km section of recreational rail trail between Princeton and the Coquihalla Highway was damaged in Nov 2021. Entire sections of the trail bed were washed away, and in some places, the course of the river was changed so it now flows where the trail once was.

Repairing and maintaining the aging infrastructure along the Province's network of rail trails is complex and costly, often crossing remote and rugged terrain. Repairing the extensive damage and maintaining existing infrastructure along the Princeton section would cost an estimated \$60 million. The \$20 million cost of decommissioning the closed trail section will be covered by federal disaster relief funds.

The Town of Princeton responded with an open letter from Mayor Spencer Coyne, saying it "is deeply disappointed by the Province of British Columbia's decision to deactivate the Princeton-Coldwater River section of the Kettle Valley Rail Trail." And the Mayor argues the \$20 million could have been better spent.

Princeton claims that the KVR is in fact critical infrastructure for it and neighbouring communities of Coalmont and Tulameen. "The trail is not only a recreation asset but a vital economic and cultural corridor that supports local businesses, regional tourism, and community well-being." And Mayor Coyne is concerned that the decision was made without meaningful consultation with the municipality, local residents or neighbouring communities.

They ask that the Minister of Tourism, Arts, Culture and Sport & Minister of Environment and Parks meet with community & regional partners to discuss the impacts of the decision and potential solutions that would allow the preservation of the recreational, heritage and economic benefits that the KVR provides.

and belonging for people with intellectual disabilities. Show your community pride  
[plunge4specialolympics.crowdchange.ca/127708](http://plunge4specialolympics.crowdchange.ca/127708)

If laziness was an Olympic sport.. I'd come in fourth so I wouldn't have to walk up to the podium.

Bigfoot is sometimes confused with Sasquatch... Yeti never complains.

How many South Americans does it take to screw a lightbulb? A Brazilian

I get plenty of exercise – jumping to conclusions, pushing my luck, and dodging deadlines.

THIS WEEK'S HOROSCOPE



Aries  
March 21 - April 19

This week you realize that you've got the ability to deal with the situation you feel challenged by – you know you can do it. You might have to focus, but if you try, you'll be empowered.



Taurus  
April 20 - May 20

With an optimistic mindset, and offer of support, you'll set the standard. The more positivity you emanate, the more you'll help others work towards building a brighter future.



Gemini  
May 21 - June 20

You may unconsciously bend to other people's demands. But this week, you'll find it easier to stand firm. You've got more influence than you think. It's time to use it.



Cancer  
June 21 - July 22

This week, don't waste time attempting to justify a feeling. Your approach might not make sense to others. If you can't explain a decision doesn't mean you're not on the right track.



Leo  
July 23 - Aug 22

If you're out of your comfort zone, remember what makes you stand out from the crowd. You've got experience and know-how to find an innovative way forward that energizes.



Virgo  
Aug 23 - Sept 22

Something delightful will happen. Despite current challenges, here's evidence that you can look forward to a different, brighter future. Watch out for news that will truly inspire you.



Libra  
Sept 23 - Oct 22

This week by showing gratitude for what you've got, you'll discover much more to be thankful for. The cosmos is bringing gifts your way. You just have to be open to seeing them.



Scorpio  
Oct 23 - Nov 21

No one has perfect judgement. You may never find out who did what if, indeed, anyone has 'done' anything. And it might not matter! You can let go of a misgiving this week.



Sagittarius  
Nov 22 - Dec 21

This week brings a different approach that can make a significant impact to your attitude. You can fix something that feels wrong - which frees you for the adventure you're longing for.



Capricorn  
Dec 22 - Jan 19

This week, tap into your creativity. By thinking outside-the-box you summon your inner artist. If you focus on the positive you can transform this situation into a brighter one.



Aquarius  
Jan 20 - Feb 18

Don't write your dream off as being 'impossible'. The challenge is that we struggle to make the right wish, often we have a wish-list of things we don't need. Be careful what you wish for!



Pisces  
Feb 19 - Mar 20

This week, with intuition and an incisive approach, you can tactfully and patiently influence the people involved in a situation so that it works better for them, and for you.

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CHASING THE SUMMIT

PAINTINGS BY

Claire  
Burnham

Feb 4-Mar 7, 2026

COME VISIT THE GALLERY AT THE NICOLA VALLEY ARTS CENTRE



the Arts Council  
Nicola Valley Community Arts Council

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

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ENTER BESIDE KEKULI CAFE



2051 Voght St., Merritt, BC | [www.nicolavalleyarts.com](http://www.nicolavalleyarts.com) | [curator@nicolavalleyarts.com](mailto:curator@nicolavalleyarts.com) | 250-378-6515

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NICOLA VALLEY HERITAGE SOCIETY  
(BAILLIE HOUSE)

ANNUAL  
GENERAL  
MEETING

TRINITY UNITED CHURCH

FEBRUARY 25, 2026 | 3:30PM

1899 Quilchena Ave. Merritt B.C.



All are welcome to join  
We are currently looking for more  
members  
Snacks and beverages will be provided





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## Citxw Nlaka'pamux Assembly

We are pleased to announce that we have more job opportunities to join the Citxw Nlaka'pamux Assembly. Please visit our website to view the following job postings available:

- CNA - Elders Coordinator
- CNA - Employment and Training Assistant
- CNA - ʔeskntwex\* General Clerk
- CNA - Human Resources Support Clerk
- CNA - Special Projects Lead
- CNA - Territorial Stewardship Assistant - Interim Leave Coverage
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Citxw Nlaka'pamux Assembly  
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In-Person: 2025 Granite Ave, Merritt, BC

We offer competitive wages, benefits, pension, internal training, and professional development to support the right candidate. We believe in initiative, respect and community values. If you have some of these qualities and believe you would be of value to our organization, then we want to hear from you!

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PAINTINGS BY

# Claire Burnham

Feb 4-Mar 7, 2026

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

SALES

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

PERSONAL

**LOST:** Chain w/ medallion 315-7771  
**FOUND CAT**, Appeared at Sunshine Valley address: Shorthair tortoiseshell young female cat. 378-6540  
**GOING AWAY ON HOLIDAYS?** Nd someone to care for your home or sml farm? call Bill, reliable, honest 315-3621  
**LOST:** keychain with change purse. Navy blue arrowhead beadwork w/ lanyard, Ford key & PO key, ID in change purse (status card & care card), between Post office & Black's on Nov 24. Please, just need ID back. 525-0406  
**NA MEETINGS** are held each Tues & Thurs 7pm at the United Church, 1899 Quilchena Ave.  
**MISSING:** 2 sets of 2 silver matching keys & 1 single key w/ blank photo tag attached. Call/text Gilbert 250-828-0582  
**DO YOU PLAY VIOLIN?** Join our string ensemble group. Practice Wednesdays evenings. Text Cecilia 315-0022  
**ALANON** (for friends & families of alcoholics) every Monday @ 6pm Trinity United Church Hall  
**ELKS EVENTS:** Every Wednesday Bingo, doors open 11am, ends 3pm. Every Friday Nite Bingo, doors open 4pm, ends 10pm. 1701 Coldwater Ave.  
**AA MEETINGS** Wed., Fri., Sat. At 7pm, Mon. Noon at Trinity United Church, 1899 Quilchena Ave.

SERVICES

**NEED CORPORATE** planning, business wealth account, collateral loans, key person insurance, etc 778-630-0323  
**TC PAINTING**, licensed, insured. Returning to work, taking small jobs for now. Or if more time, we can discuss. Tina 604-767-4866  
**NEED HELP AT HOME?** I offer professional, flexible, reliable, friendly, and dependable cleaning and caregiving services. Please call or text: 250-879-5383  
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**CERTIFIED TREE FALLER**, w/ wd chipper, sml truck & trailer, will do residential, fruit trees, etc. 378-6431  
**EAGER, RELIABLE** man w/ 4x4 truck & trailer, avail. Dump runs, deliveries, plywood, sand, gravel, appl., housewares Greg 315-7525, (250)320-2054 Fast, courteous service

EMPLOYMENT OPPORTUNITY

**LIST YOUR JOB.** List your employment opportunity here, no charge. 250-378-5717, [market@uniserve.com](mailto:market@uniserve.com)

FOR SALE - APPLIANCES

**MICROWAVE** new 1200W family size Panasonic Genius \$150 378-5394  
**FRIGIDAIR** stove, 2 yrs old \$250obo. Vitara **fridge**, 10 mos. old \$400obo. Amana **washer & dryer**, 4 yrs old \$300/pr obo 280-0543  
**FREEZER**, smaller approx. 2'x4'. Calvin 778-586-8362  
**COUNTERTOP** dishwasher, hardly used, 3 yrs old \$300 250-289-4759  
**ARCTIC AIR** a/c 5000btu 18.5wx-15.5dx12"h \$25. Kenmore a/c 12,000btu 18wx15dx22 \$100. **Wshr/dryer** \$300/pr. Elect. **fireplace** w/ remote \$100. Gas stove, dbl oven, Americana \$150. Inglis **fridge** \$75 315-0415  
**FREE:** 4-bmr prop. range (604)312-1954 A/C \$100. Calvin 778-586-8362  
**MICROWAVE** \$30 378-0838

FOR SALE - AUTOMOTIVE

4 **MAG** 15" rim & centre caps for Ford Ranger, all gd shape 315-7771  
1991 **FORD F150** 4x4 378-7124  
4 **MICHELIN A/T** tires 275-65-R18, tires were take offs, lk nw \$400 280-0769  
**SET OF 4 TIRES**, good rims, 245-17 winters for Ford \$400. Calvin 778-586-8362

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

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

95 **CHEVROLET** Crew Cab Pickup Truck \$1500obo 315-0011 Aspen Grove  
**ALUM.** dry box combination tonneau cover for full size pickup truck with 6 ft. box. \$450obo. 315-2080  
4 **SALIUN** tires 205/55R16 M+S, used for 5 months \$225 378-2226 after 5pm  
**PARTING OUT:** 2010 Ford F150, Lots of good stuff, Various prices or take truck for \$700 Text 250-936-8982  
**TIRES:** Five 185/65R15 snowflake. Two **215/65 17"** wntnr snowflake M&S. Two **215/55R17** winter snowflake. Four **195/65 16"** snowflake. Four **185/65R15** winter studded, brnd nw. Rick 936-8885  
**2005 DODGE** 1500 4x4 SLT, auto, quad cab, 4 tires w/ snowflake last yr, gd glass, vry gd cond, vry reliable, lots work done, 220,000km, \$8000obo. Greg 315-7525

FOR SALE - PETS / LIVESTOCK

6-8 **PIGEONS** with a good metal roost for them, to give away. 378-4947  
30-GAL. fish tank, LED lights, 2-in-1 filter pump, bubble pump, gravel, ornaments, fish net, hand-held cleaner for glass \$250 315-3981  
6 **FT HINGED** plastic dog ramp (astro turf lined for traction) \$95. Large well built **dog house** (insulated, aluminum roof, 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

FOR SALE - MISCELLANEOUS

**DOUBLE GLAZED** window, 4'h x 6'w \$50 378-1358  
**HEAD** mount cougar rug, ofrs. 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](mailto: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

**FREE:** SINGLE SIZE solid wood storage bed frame with 3 drawers and a headboard in great condition 315-9713  
**VINTAGE** Half Canopy single bed. frame \$75 378-6787  
**DOUBLE BED** with box spring, frame, stands and set of sheets, gd condition just no room \$125obo. 4 **bar stools**, like new \$125 all 4 obo. **Pedestal sink** \$40. **Rocking chair** \$40. 2 **swivel rocking chairs**, light rose in colour, very nice looking \$375obo. 378-7333  
**SOLID WOOD** kitchn tbl, 2 leaves, 6 chairs \$85 378-1835  
**WOOD** table w/ 6 chairs, 2 leafs, exc shape \$300obo. Other furniture: dressers, china cabinet, etc. etc. 280-0543  
**DLX** high-back leather padded desk/of-fice chair, lk nw \$100 378-9169  
**FILE CABINET** 4 drawer legal size \$75. Oak queen **headboard** and bed frame \$25. Matching oak large **dresser** with mirror \$75. Royal Dalton Country Roses **china set** \$300. Bob 250-574-3598  
**HARDWOOD** tbl & chairs \$50obo. Solid hardwood **dresser** & mirr. \$50obo Debra 250-718-3740

FOR SALE - TOOLS/EQUIPMENT

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

WANTED/WANTED TO BUY

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

FOR SALE HOUSE/PROPERTY

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

FOR RENT

4-BDRM house, 2-bath, immediately. 378-4392  
3-BDRM house, 1-bth, detach. gar., lrg fncd bck yrd, avail. immed. 378-7416  
**STUDENTS** only: \$1000/mo w/ some wrk wknd or key access. 10 hrs/wk 378-4201  
**FOUR 1-BDRM.** \$950/mo., kitchenettes for winter. Coin Laundry, Free wifi, free parking, satellite TV, smart TV, free water/hydro/gas/pest control/hi-spd internet Movies & sports channel! 778-639-0323  
**FIVE 1-BDRM.** \$1200/mo., kitchenettes for winter. "Coin Laundry, Free wifi/parking, sat. TV, smart TV, free water/hydro/gas/pest control/hi-spd internet, Movies & sports channel! 778-639-0323  
2-BDRM ste, 1-bth, n/p, n/s, 778-639-0244  
**RM FOR RNT** Low. Nic. Shared accomm. Hydro/internet incl. \$750. Senior or wrking female only. Dam. deposit & refs req'd. 280-0779  
**FURN'D ROOM** entuite bthrm, 11km west of Merritt, country setting 378-4476  
**4000SQFT** shop/warehouse for lease in Low. Nic., 500sqft mezz., 500sqft off., 3-phs electrical, bthrm, gas furn., air compr., 14'x14' dr, Call/text 604-534-1401  
**BACHELOR** suite, furnished, util incl. Prince Motel 378-6899  
**LRG** 2 bdrm apt in quiet lakefront nw home, N/P, N/S Ref req'd. 604-727-5632  
**2600 SQFT** shop, 16' ceiling, 14' dr, 5 ton overhd crane, 3 phase elect., gas fur., bth-room, Low. Nic, Call/text 604-534-1401



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# MERRITT MORNING MARKET

CHECK OUT OUR FEATURE PHOTO EVERY ISSUE, ONLINE



## SUDOKU

Puzzle #1

		5	8	3				2
			4				8	6
		8						5
			5			2	8	
5			3	6				
7			2					3
							5	
9	3			5	8	4		
	5	1		4	2	3	7	

Puzzle #2

4			3		9			
	2					1		
	9				6			1
7	5						3	
6		2		7		9		5
2	7		9			5	1	4
					5		9	7
5	4	9		1			6	

Puzzle #1

6	4	5	8	9	7	1	2
2	7	9	4	5	1	3	8
3	1	8	6	9	2	4	7
1	6	3	5	4	9	7	2
5	8	2	3	7	6	1	9
7	9	4	2	1	8	5	6
4	2	7	1	8	3	6	5
9	3	6	7	2	5	8	4
8	5	1	9	6	4	2	3

Puzzle #2

1	6	3	5	9	7	2	8
9	3	8	7	1	2	4	6
8	9	4	5	6	8	7	1
4	1	8	9	2	7	1	3
7	5	1	8	9	2	4	3
6	3	2	4	7	1	9	8
2	7	3	9	6	8	5	1
1	6	8	2	4	5	3	9
5	4	9	7	1	3	8	6

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