

Life



Camp anniversary marked

CARA BRADY
Morning Star Staff

Sept. 18, 1914 might have been a warm fall day in the Vernon area with people working hard to get the harvest in. They would have been talking about Canada's declaration of war against Austria-Hungary and Germany less than six weeks previously and wondering what it would mean to them.

Few of them were likely aware that an internment camp was opening that day in what is now MacDonald Park near Seaton school. Ninety-seven years later, even fewer people know that there was a camp in Vernon along with 23 others across Canada.

Although there was never any evidence of their disloyalty to Canada, thousands of Ukrainians and others of European descent and their families were interred and forced to do heavy labour. Of the 8,579 people interred, more than 5,000 were of Ukrainian background and many were women and children. Many were not released until 1920.

The What's In Your Trunk? campaign by the Canadian First World War Internment Recognition fund is asking Canadians who may have had relatives in camps and others to look for artifacts and letters, documents or photos from that time so that these can be preserved.

The Vernon Museum has the small beginnings of a collection. There is a wood sideboard with



Vernon Museum curator Ron Candy with a ship in a bottle made by an internee.

CARA BRADY/MORNING STAR



PHOTO FROM THE PRIVATE COLLECTION OF ANDREA MALYSH

Fred Kohse and Victor Heiny at the Vernon internment camp during the First World War.

Morrissey Internment Camp, Fernie, 1916, made for mayor of Fernie, C. Shaw, carved in a drawer. Two intri-

cately carved walking sticks with worn names, probably of guards, were said to have been made in Vernon. The

detailed ship in a bottle may have been made in Edgewood.

"We tend to forget what happened in World War I. One of the last internees passed away a few years ago," said Vernon Museum curator Ron Candy. "Many of these people had left Europe to escape tyranny only to have it thrust on them here. Some of them had been born in Canada. They were only trying to make a better life for themselves and their families."

More than 8,500 people across Canada were interned under the War Measures Act of 1914 which gave the government power to inter or detain anyone they thought might be an enemy alien.

Their property was confiscated and they lived in inadequate

housing. Men from the camps were forced to work on roads, including Highway 6 from Edgewood to Cherryville and the road from Sicamous to the Okanagan, as well as in mines. Those who refused had their food rations decreased and were put in solitary confinement. Twelve Vernon camp internees escaped from the Vernon Camp by digging a 100-foot tunnel

see **INTERMENT** on page B4

always wear white after Labor Day



Dr. Shawn Lee Dental



250-542-1315

... for beautiful, healthy smiles

Thank You!

The Management and Staff of Hunter's Store would like to thank the following people and business for their generous donations for the recent Fundraising Event held at Hunter's Store benefiting The Vernon & District Animal Care Society. With your help we raised over \$2100.00.

- Okanagan Engraving
- Authentic Plaques & Trophies
- Uncle Dave's Pizza
- Spallumcheen Golf and Country Club
- Myles Johnson
- Ken and Theresa Barker
- Something Nice Gift Shop
- Pampered Pooch Barkery
- Landing Insurance
- Nestle Ice Cream
- Harmony Beads and Crystals
- Grimm's
- The Pup Stop

Thank You for giving a helping Paw to our local animals.

What if you could FEEL BETTER?



What if your body could feel even better and you could help prevent injury?

Pilates can do this FOR YOU!

For the MONTHS OF SEPTEMBER & OCTOBER

50% OFF

Privates & Semi-Privates

AND TRY PILATES

TODAY!

Give back to YOUR BODY...



250-545-2848

201 - 2500 53rd Ave. Vernon BC
www.thepilatesconnection.ca

APPLETREE
CHILDCARE CENTRE PRESCHOOL

AM / PM Classes

ECE Certified Teacher,
SHANNON WEIR with
15 years experience

Licensed Facility • Subsidy Accepted
Theme-based and Kindergarten Readiness

SPOTS STILL AVAILABLE!

Please call 250-550-4471
appletreechildcare@telus.net or
www.appletreechildcarecentre.com
8909 Aberdeen Road

THE PUP STOP

CANINE TEETH CLEANING
Scaling & Polishing without sedation

An inexpensive way to help prevent disease, promote fresher breath, and maintain your dog's healthy smile.

For Appointment 250-307-4892

FREE CONSULTATIONS

Life

Take note of kindness instead

When my son was younger and in elementary school he loved his birthday parties.

There was one young fellow in particular who always came to my son's birthday party, and it was the only party he

was ever invited to.

We talked about this, and not only inviting him to attend, but making sure he was included in the games, activities and sat with the boys at lunch, actively participating. He genuinely liked him and though they didn't play together often, this was a good time to demonstrate that. Sometimes all it takes for children to be included is to have one step up and say "want to play?" as a way to befriend and make a child feel welcome. Kids so want to have friends, and sometimes friendship comes easy for some and not so for others.

We discussed kindness a lot. I believe it is important to be kind, and that kindness goes a long way to making us feel good, as both giver and receiver. It helps us to feel connected to our community, families, schools, workplace. Acts of kindness make us feel special and noticed. I used to ask the boys to consider acts of kindness in their days and then tell me about it. Seek out ways to be

kind and as their mother I wanted this quality to become a strength.

This week two random acts delighted me. The first was on the main street where I was struggling in the deep dark abyss of my purse to find a quarter or a loonie for the parking meter. A fellow came whistling

along, popped a quarter in the meter, and said "Have a nice day." Thanks to him I did have a nice day, and thank you very much!

The next was in the grocery store, my cart was full, I waited in line for long enough to scan all the magazines, answer some texts and as I got to the second spot realized I forgot something. I made a dash for it, and when I returned my cart had been emptied, the woman in front of me who was shopping with her daughter had emptied my cart so I wouldn't lose my place. How nice was that? Simple and special.

There is a website

for the Random Acts of Kindness foundation with suggestions and places for you to send stories to. They promote community projects as well.



THE WAY I SEE IT
Michele Blais

The United Way is a kindness organization. They help reduce the burden of raising funds off the shoulders of

local organizations so they can focus on providing services. This is a great service to support because your dollar can have a ripple effect of helping many. Sometimes dollars from one can lead to getting dollars from two or three groups and that can be extremely beneficial to organizations who do so many great services in our North Okanagan region.

There are many ways to be kind and for families and individuals to offer simple to huge acts of generosity. It's not always dollars, sometimes it is having someone for dinner or coffee, or taking the time to really listen to a

person's story. Shovel a sidewalk, cook a meal, do some shopping, look after children, join a club with someone, have a play date, walk home together, sit on the bus beside someone new and make a friend, tutor, read, cut the lawn, weed a garden, give coats, food hampers, be a driver, smile.

There are advertisements now about noticing kindness, acts of goodness instead of looking for the bad acts. "Catch a kid doing something right" was a slogan we had at the Boys and Girls Club years ago that came out of the Search Institute. Works like magic when you acknowledge a child's positives instead of always the negative. It doesn't mean you ignore the negative behavior, it just means you validate the positive more so that you will start to see more of it. Works for adults too; remember the One Minute Manager, sandwich feedback between comments of what the employee is doing right.

The people of Sparwood demonstrated bountiful acts

of kindness with their intense efforts to find the young Hebert boy. So absolutely terrifying for the family to have a child kidnapped. And the support of friends, neighbours and strangers would provide a warm blanket of kindness. Thank you to the police, the emergency personnel and everyone who stepped up to find the young fellow and see him home safely.

I truly believe that kindness and goodness far outweigh the negative behavior of my fellow humans but it doesn't capture our attention the way defiant behavior does. There are times when I am amazed at how mean someone can be, or how they can say something so hurtful with no thought to the receiver's feelings. Practise some self control, I think to myself. Being honest doesn't have to be hurtful and just because you have an opinion doesn't mean you need to share it.

Maybe we need commercials to remind us to notice niceness, maybe we don't, the way I see it being kind is best.

SURONG NAILS

Pedicure & Manicure Combo **\$40⁰⁰**
including paraffin wax

Wax \$15⁰⁰ Lips & Eyebrows
Pedicure \$30⁰⁰ including paraffin wax

SPECIAL Gel or Acrylic Nails \$29⁰⁰

Surong Esthetician with 20 years experience

Call Surong for rates at **250-306-6685**

MON. - SAT. 9 - 6 • EVENINGS & WEEKEND BY APPT.
5300 26th Street (Located inside the Vital Path Health Centre)

Natural Solutions For Your Health Problems

ALLERGIES, FIBROMYALGIA,
Anxiety, Digestive Problems, Fatigue and more.

Dr. Doug Miller ND
Effective Natural Health Care since 1993

FREE Monthly Lectures
250-558-7733
www.drDougMillerND.com

Every Woman Can....

Belly Dance

Location: **EXCEL FITNESS Downtown**

Beginners
Start Wed. Oct. 5th

Intermediate/Choreography
Start Mon. Oct. 24th

- Egyptian Technique & Style
- American Tribal Style
- Choreography & more...

For Fitness & Fun!
Call Ruth **250-545-0434**
jasmille.bellydancer@gmail.com
EXCEL FITNESS 778-475-5622

House Call Veterinarian

The Visiting Vet

Stress free pet care in the comfort of your home

Quality Pet Care since 1975

Dr. George B. Foukal
250-558-6700

thevisitingvet.ca

Internment camp is a sad part of history

continued from B3

under the barbed wire fence. In other camps six people were killed

while trying to escape.

The internees were released with only the clothes they were wearing, their property was not returned and they were never given any compensation.

"It must have been very difficult for them to live in the society that came out of the Great War. There would have

been a terrible stigma of being associated with the enemy even though they had done nothing wrong. We have oral history of the Vernon camp but since the internees had no access to newspapers and were not allowed to write letters, we have little to go on," said Candy.

"As a museum cura-

tor, my job is to know history and present it as truthfully as I can. I have to look at history with open eyes. It is not my position to tidy up history and make it palatable. The archival materials and oral history can teach us. When we get the new museum, I would like to see a section of the museum dedicated to

the camp as part of our history."

On June 7, 1997, a plaque recognizing the Vernon internment camp and honouring the people who were unjustly imprisoned there was unveiled at MacDonald Park. Fred Kohse, who spent six years in the camp with his parents, including his mother who was English but interred because she was married to a supposed enemy alien, attended the unveiling.

Kohse donated his family photos to Andrea Malysh, program manager, Canadian First World War Internment Recognition Fund.

The What's In Your Trunk? program, sponsored by The Canadian First World War Internment Recognition Fund, is looking for all kinds of artifacts from the internment camps across Canada. For more information or to donate items call 1-866-288-7931.

Answers, Options

okanagan natural medicine

Dr. Chris Spooner ND

Dr. Shelby Entner ND

Outstanding and compassionate care.

We're here to help patients integrate research-based natural approaches into their health care.

Bio-Identical Hormones • Prolotherapy • Allergy Testing • HCG Weight Loss Program • Colonics

Call to ask how we can help you **250.275.1672 • www.oknaturalmedicine.com**