

# Once known as the Gardens of the Great Spirit, Thousand Islands are still a handsome paradise

By Colin S. Fisher

Many years ago, there was a large area of land floating in water. The land was called Manitoune -- Gardens of the Great Spirit.

Huron and Iroquois tribes fought here continually and this troubled the Great Spirit. Eventually he threatened to take paradise from them if they didn't stop.

The tribes didn't heed the warning and, as promised, the Great Spirit came down from the sky, took paradise up in a huge blanket and threw it up in the air. But, the blanket tore. Paradise fell out of the blanket, plummeted back to earth and broke into a thousand pieces on hitting the water.

And Ontario's Thousand

Islands were formed. The Thousand Islands area has changed greatly from the time of the Great Spirit's displeasure with warring tribes, but to many visitors it is still a paradise ... of a different kind.

Among the best ways to experience Ontario's Thousand Islands is on any one of the half-dozen scenic boat cruises of the area. Departure points for cruises vary in duration from two to four and one-half hours are found in Gananoque, Ivy Lea, Rockport and Kingston.

Kingston and The Islands Boat Line operates two stern wheelers for Thousand Island cruises out of Portsmouth Olympic Harbor in Kingston.

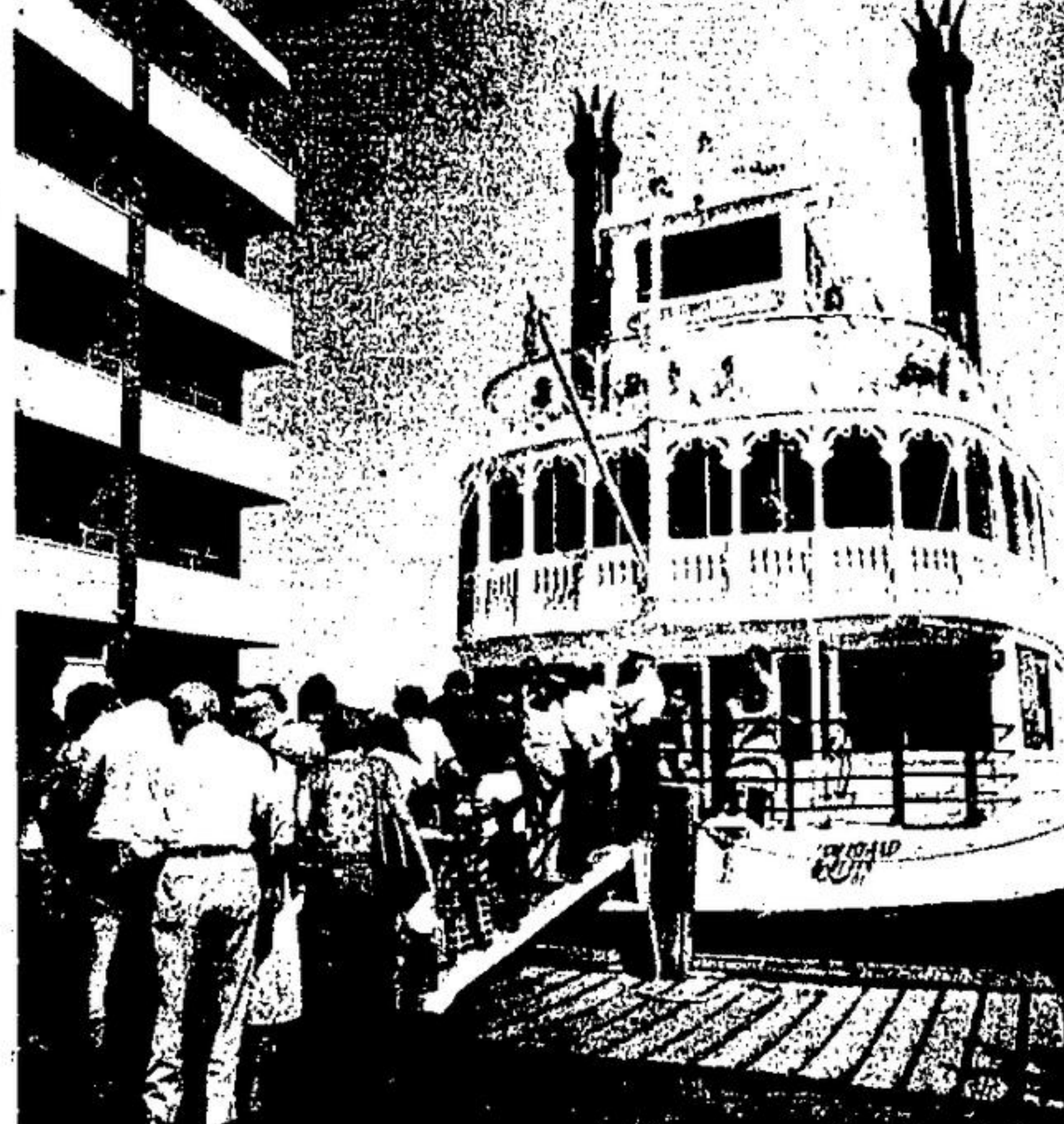
The Island Queen III, larger of the two vessels,

offers its patrons four decks of entertainment and amusement. Deck One is the show deck complete with live entertainment by the ship's Director of Entertainment Rick Fondell and the Island Queen's own Fun Band. Deck Two is a licensed honky-tonk piano bar lounge for rousing sing-alongs while Decks Three and Four are open for sight-seers who like the wind in their hair.

Beginning its cruise amid 300 years of Canadian history in Kingston Harbor, the Island Queen informs and delights its passengers with a running commentary in both English and French for three and a half hours.

The military importance of Kingston and its Indian, French and English influences are recounted to

bring some of Canada's history into perspective in anecdotal form. Tales of Whisky Island (a rum running transfer point between the U.S. and Canada in days of prohibition), legends of the last act of piracy in the area in 1838, the ingenious use of an underwater cable (placed there originally to snag German subs during World War II) that is now used to run a cable ferry to one of the islands, an explanation of the opulent heyday of Victorian estates and much, much more are offered for passenger entertainment and enjoyment.



Thousand Island boat cruises depart from Gananoque, Ivy Lea, Rockport and Kingston on tours varying from two to four and one-half hours in this scenic, historical area. The Island Queen III, based in Kingston, offers a bilingual commentary spiced with delightful trivia in anecdotal form. Reservations are advisable.

## EASE THE BURDEN OF BROWN-BAGGING IT

And so it's back to the cutting-board as a new school year gets underway. A dreadful thought for many of us who have chopped and sliced our way through countless sandwiches from September to June, year after year.

There has got to be an easier way. One easy solution comes to mind ... having our children pack their own sandwiches.

Another alternative, which combines nicely with the first, is one which is gaining in popularity particularly with working mothers. Rather than preparing a typical sandwich at home with two slices of bread and a favorite filling, these women, sometimes with the help of their youngsters, are packing sandwich ingredients in the morning and having their children "make-their-own" fresh, open-faced sandwiches at lunch time.

Instead of regular bread, they pack a crispbread like Ry King -- no slicing or buttering necessary and it packs easily. It also offers a solution to dried-up crusts so often found in the bottom of lunch kits after school, since crispbread, being naturally crisp and dry, has no crusts.

Crispbread in plastic wrap or waxed paper, add fresh vegetables such as a few lettuce leaves, tomatoes, cucumbers or whatever your choice of topping, each item individually wrapped or packed in plastic containers. You may wish to have your children keep a couple of different varieties of crispbread at school rather than carrying it each day. No need to worry about spoilage. Since it is dry, crispbread will stay fresh at room temperature for at least six months.

If you aren't familiar with crispbread, it is a type of bread which originated in Scandinavia some 600 years ago and is used there as their daily bread, most often for open-faced sandwiches or along with soup and salad.

Made from whole grains without any additives or preservatives, it rates high on the wholesome scale amongst nutritious-conscious folk.

In Canada there are several varieties from which to choose. But the most favored are brands such as Ry King who make three varieties, light, rye and wheat, all of which have fewer than 40 calories per slice.

To pack school or office lunches, wrap a few slices of

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