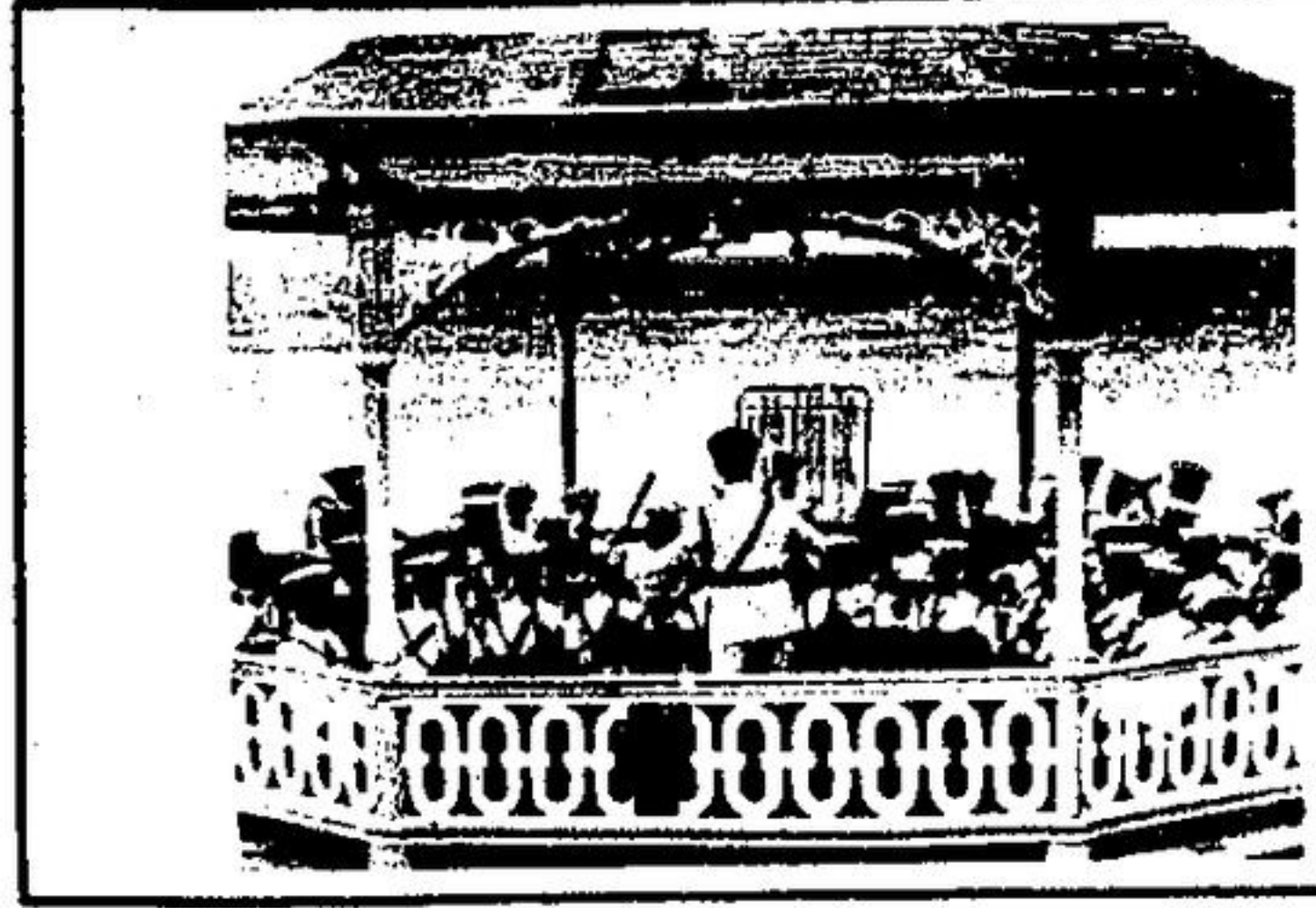


Vacation Guide

BARBADOS: AN ISLAND OF MUSICAL ENCHANTMENT



Manitoba and Saskatchewan Western Water Wonderland

If your vacation plans for the summer include children, they're almost bound to include water. Except when there's soap involved, the two just naturally go together. Why waste time discussing the relative merits of a visit to the mountains versus a city or a tour anywhere. You might as well get right to the decisions that count. Which body of water? What type of accommodation? When?

Both Manitoba and Saskatchewan offer a variety of watery vacation spots and accommodation, along with a friendly, relaxed atmosphere, clear fresh air, that glorious wide open sky peculiar to the west and lots of space.

In Manitoba, Lake Winnipeg is an immense expanse of water with many resorts along its shores and even on its islands. The pure white sand dunes of Grand Beach Provincial Park, for example, on the east side of the lake just 100 km northeast of Winnipeg are not to be missed. Across the lake, 80 km from the provincial capital is Winnipeg Beach where, in addition to a gently sloping beach suitable for children, there are such attractions as the Ukrainian Homestead Museum, featuring a restored handmade windmill, schoolhouse and home from the early 1900s.

Two Lake Winnipeg resorts rich in Icelandic heritage are Gimli, largest Icelandic community outside Iceland and site of a three-day festival each summer (Aug. 24 this year); and Hecla Provincial Park, settled first by a group of Icelandic immigrants in 1876. One of Manitoba's finest resort hotels, Gull Harbour, is situated here.

Riding Mountain National Park, 267 km northwest of Winnipeg is another beautiful recreation area. It's situated on a rolling plateau that forms part of the Manitoba Escarpment and includes almost 3000 km of diverse landscape - evergreen and hardwood forest, prairie, rolling hills, valleys, lakes and streams. The town of Wasagaming on Clear Lake has all kinds of facilities for accommodation and recreation, from campgrounds, cottages, hotels and motels to golf, tennis, lawn bowling, swimming, sailing, boating and fishing.

Whiteshell Provincial Park, in southeastern Manitoba at the Ontario border, is a gorgeous area of sparkling, crystal-clear lakes and jack pine forests. There's a fully-developed township at Falcon Lake. Attractions in the park include Ojibwa Indian mosaics, near Betula Lake, a number of hiking and interpretive trails, the Lily Pond, which in fact is a small lake created thousands of years ago by glaciers; Rainbow Falls and the natural history exhibits and Indian artifacts at Nutimik Lake Museum.

Little Manitou Lake, known as "The Recreation Centre of the Polish Belt", is about 100 km southeast of Saskatoon. Despite the fact that there are no lifeguards posted along its shores and thousands of vacationers have swum there every summer for more than half a century, there has never been a drowning in Little Manitou Lake.

The explanation is simple. The 19 km long lake has a specific gravity of 1.06 and is denser than the Dead Sea. Its popularity stems partly from its buoyancy and partly from a long-standing reputation for having curative properties. Besides a variety of good accommodation, visitors here enjoy the largest indoor heated pool on the continent, golf and mini-golf, children's playgrounds, tennis and a nearby riding stable.

Prince Albert National Park, 128 km north of Prince Albert is a 3,875 km wilderness open year-round with excellent recreational facilities. The town of Waskesiu is the hub of activity. Vacationers can hike, canoe, fish, golf, ride horseback, or just relax on a sandy beach.

The craggy hills of Cypress Hills Provincial Park rise abruptly out of the surrounding ranchlands of southwestern Saskatchewan. It's a great place for all the usual water sports, plus hiking and horseback riding. A short side-trip leads to Fort Walsh National Historic Park where you can experience Montie life in the 1800s.

If you visit a Saskatchewan resort this summer, expect a special welcome. Back in 1905 Saskatchewan joined Confederation and became a province. In 1980, everybody will be celebrating the 75th anniversary of that event.

The family vacation possibilities in both Manitoba and Saskatchewan, the heartland of Canada, are limitless. And, if like most people with kids, you're on a budget, you will find sticking to it is not a problem.

For general information about Canada, contact the Canadian Government Office of Tourism, Ottawa, Canada, KIA 0H6.

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High blood pressure can be a hidden killer

You can't tell by looking in the mirror. You can't tell by the way you feel. Only a qualified health professional can tell whether you have high blood pressure, because there are usually no symptoms. High blood pressure, or hypertension, is the single most important and identifiable factor contributing to heart disease, stroke, and kidney disease. It is estimated that between one and two million Canadians have this condition. Although the prevalence rate is particularly high in people 40 years or older, high blood pressure can occur in young children and adolescents as well. Detection of this condition

continues to be a significant problem. Between one third to one half of those with high blood pressure are unaware of it. Even worse, of those who know they have high blood pressure, only one half are receiving medical treatment at all, and of those only one half have achieved good blood pressure control. Occasionally, high blood pressure may be caused by an underlying disease which may be surgically correctable. However, in the vast majority of cases the cause is unknown. Although hypertension cannot be cured, it can be controlled in almost all cases with drug and/or diet therapy. Because it

is incurable, treatment usually lasts a lifetime. Despite the availability of efficacious treatment, compliance with anti-hypertensive therapy is distressingly poor and often is the major cause of uncontrolled high blood pressure. A major obstacle in blood pressure control is the widespread misconception that hypertension is equivalent to nervous tension. While stress may aggravate an already existing condition, it is not likely the underlying cause. For free, detailed information on high blood pressure, contact your Ontario Heart Foundation at 962-3600 in Toronto.

If music be the food of love - play on - Barbados has a surfeit of sweet sound; soul - steel pan and calypso, music, blues and spouge. (the latter purely Bajan) supply the food of love; superb hotel dining rooms and a growing number of good restaurants provide an excellent choice of international cuisine, gourmet, dietary, European, American, West Indian and local.

Martin Donawa, creative Barbadian restaurateur, much mentioned in such Caribbean guide books as Fieldings and Birdbaums, gives an interesting outline of some Barbadian places where local foods and their presentation are specialties. Pisco, like dame Venus was born of the sea, now 6 years old, it enjoys both a visitor and Bajan clientele, seats 160 persons, and is very popular, hence reservations are advised - lobster and other sea foods are of course the feature, but, steak is available - and it's prime U.S. beef. Across the road, of

special interest to families and very popular with children, is the Witch Doctor. Stews are staple; there's a choice - fish, chicken, meat or missionary; and included is a salad bar with all the fixings; with soup, the cost is about \$50.00 Barbadian, approximately \$30.00 Canadian for a family of four. Both are located at the western entrance of the St. Lawrence Gap.

At the other end of this same gap, about two minutes drive is Luigi's, it's as the name implies, Italian and heavy on pasta, spaghetti, pizza and lasagna are staples. In the Hastings area, going toward Bridgetown, the capital of Barbados, is the Flamboyant, run by Brian Chessman, a Bajan with a Hilton Hotel background and his German bride - it's different and worth a visit. Lunch at Brown Sugar is pleasant and unhurried, located on the Aquatic Pier within the grounds of Island Inn, Brown Sugar introduces

you, buffet style, to a new local concept in dining. The locale is very ancient Bajan (site of an old British fort), the menu affords an authentic West Indian culinary adventure, based on the concept of presenting a meal you might be served as a Sunday guest in a Barbadian home. The flying fish (fillets) are done Bajan style, peppery, similar to a stew, is spiced and usually simmering, somewhere there's one alleged to be over 100 years old, it's from Guiana, West In-

Maxwell's "Atlantis". You can stop at Enids for a meal or just for refreshment, the scenery's worth it. Enids "Atlantis" is another of the Bajan places highlighted for us by Martin Donawa. The Sunday buffet's the place to be, you meet some of the Island's gentry and very probably Enid, who's usually in attendance, she concentrates, probably more so than anyone else, on local dishes. One of the outstanding things she does is that she labels all her foods, so people coming up to a Sunday buffet see Breadfruit, and Coo Coo, dishes called Twice Laid and bread pudding, so they can ask about them and be told and probably enjoy even more this unique experience. Enid takes pride in cooking up home grown vegetables like Cassava, yams and pigeon peas - and fresh caught fish such as Kingfish, Dolphin, Snapper or Bonita, often brought direct from the sea to the kitchen while you wait.

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