

Lake Diefenbaker offers a tremendous variety of

TALES FROM THE ROAD



ARLENE & ROBIN KARPAN

Massive Lake Diefenbaker dominates summer recreation in southern Saskatchewan. Its 800 kilometres of shoreline boasts three provincial parks, three regional parks, plus various recreation sites. Most visitors have favourite spots that they keep returning to, but we wanted to look at the big picture by circling the entire lake. What impressed us most about the trip was the tremendous variety of photogenic landscapes, including one-of-a-kind and little-known gems. If you like scenic drives, this is one not to miss.

The lake was formed when the Gardiner Dam was built on the South Saskatchewan River. Most of the land surrounding it on the north end is part of Danielson Provincial Park. Fishing is the big draw here, along with water sports and hiking, including parts of the Trans-Canada Trail through wooded coulees and lakeshore.

A bit south, a lesser-known attraction is Jack Hitchcock's cabin, built in 1904 by the larger-than-life character who wore buckskins and carried a six-shooter. The simple log cabin remains exactly as the early pioneer left it, including home-made clothes, basic tools, and a hole in the door so his many cats could come and go as they pleased. To get there, head to Hitchcock's Hideaway resort east of Birsay.

Beechy is the jumping-off point for two of the lake's north shore highlights: Prairie Lake Regional Park and the remote Sandcastles formation. If we had to pick our favourite spot on the lake, the Sandcastles would win by a longshot.

The minor road in (dry weather only) crosses fairly level land, then suddenly the landscape opens into a breathtaking view over the hills, valley and shoreline. Halfway down the banks, a steeply sloped hogsback ridge stands alone, its side bare of vegetation and deeply ridged by erosion into castle-like spires.

Saskatchewan Landing Provincial Park, at the lake's western end, is famous for its iconic landmark, the restored Goodwin House, a 1905 stone building that is now the park information centre. Hiking trails lead into the hills with outstanding views over the lake. The park even has an equestrian campground for those exploring the park by horseback.

To travel the south shore, head south of Saskatchewan Landing on Highway 4 to Stewart Valley, then take the grid road heading east. Before long, you're taken by surprise as the road drops into a beautiful broad valley carved by Swift Current Creek.

At remote Herbert Ferry Regional Park, they have decided to keep things simple, with no electricity and only basic facilities. It appeals to those wanting a quiet getaway, with lakeside camping at bargain prices. The drive in alone is worth the trip, as the road winds through



rolling hills with dramatic vistas.

Continuing east, the main road runs through the scenic Vermillion Hills as it curves north to Riverhurst, site of the lake's only ferry crossing. Nearby Palliser Regional

Park is the exact opposite of Herbert Ferry, bigger and busier, with all the bells and whistles of a popular lakeside park and resort.

For another must-see highlight head to the sand dunes of Douglas

Provincial Park on the eastern arm of the lake. After a short hike, you enter another world of vast active dunes with rippled ridges, bowl-shaped blowouts and trees undermined by blowing sand.

Just to the north, Elbow Harbor Recreation Site is home to a golf club and marina for sail boats. You don't have to be a golfer or sailor to enjoy the postcard setting of the protected cove filled with yachts. In

scenery, activities



TOP LEFT: The setting sun illuminates the cliffs of Lake Diefenbaker.

TOP RIGHT: Jack Hitchcock's 1904 cabin can be found near the shore of Lake Diefenbaker.

ABOVE: The Sandcastles can be found on the north shore of the lake.

BOTTOM LEFT: Visit the marina at Elbow Harbor.

BOTTOM RIGHT: Hiking in the sand dunes of Douglas Provincial Park. |

ARLENE & ROBIN KARPAN PHOTOS

town, a museum features a restored sod house, and near the grain elevator, an impressive Peace Tower built by renowned sculptor Joe Fafard dominates a park. To do the entire drive, count on

more than 500 kilometres, including many of the sidetrips.

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It's not easy to stop a pathological liar

SPEAKING OF LIFE



JACKLIN ANDREWS, BA, MSW

Q. I grew up in rural Canada where integrity was the norm and dishonest people were uncommon. I have struggled to come to grips with the diminution of this essential quality in today's world and have recently encountered a disturbing example of this phenomena.

A few years ago, we got new neighbours. It soon became apparent that the fellow next door was lazy and irresponsible but my wife and I tried nonetheless to get along with him and his family. You have to be a good neighbour — the mantra that was so pervasive in my world and at face value appears to be a great guiding principle. But it did not work.

I have come to realize that my neighbour is a pathological liar. It amazes me how this person can lie repeatedly in the course of a few minutes. Does he even know that he is lying?

This has become a matter of some considerable concern to me since I have discovered that he has repeatedly disseminated defamatory lies about me in the community.

I am worried that his lies may damage my reputation, which would have a direct effect on my income, but I am not sure what to do about it. Do you have an opinion?

A. What strikes me about your concerns is that you have two problems. One is the behaviour of your new neighbour. The other is your standing within your community.



GETTY ILLUSTRATION

I am going to treat each problem differently. Let's start with your neighbour. If, in fact, he is a bona fide pathological liar, and I have no reason to believe that he isn't, nothing that you are going to do is likely to change him. Pathological lying is symptomatic of any number of psychiatric disorders that can include anti-social personality, borderline personality, behaviour problems in adolescents or young adults and attention deficit disorders.

The common thread throughout all of the various diagnoses is that they are not easily treated and are almost impossible to treat without the co-operation of the person struggling with it. Unless your neighbour explicitly asks for help, he is not probably going to stop lying and embrace a world of truthfulness and honesty.

Your other problem is your standing within your community.

I suspect that you are right. Our rural communities do not always carry the banner of integrity with the dignity they once did. Nonetheless, integrity remains a vital force and you are more likely to be successful if you continue along the path driven by honesty, sensitivity

and empathy than you are if you jump into some kind of a narcissistic bandwagon.

It is important that you do not get caught up in those coffee-row altercations pitting gossip versus gossip.

In fact, you would do well to do nothing to counteract the misrepresentations your neighbour is spreading about you. The more you try to counteract his proclamations, the more likely it is that he will continue to fabricate innumerable talks flattering neither you nor your family.

If, however, what your neighbour is saying or doing is in some way physically harmful for you and your family, your best option is to turn to the judiciary system for support. I know that the judicial system in our small, rural communities is slow and awkward but if you spend that extra dollar and get the support of a competent lawyer you are more likely to get the protection for you and your family.

That is certainly far better than trying to take justice into your own hands.

Jacklin Andrews is a family counsellor from Saskatchewan. Contact: jandrews@producer.com.

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