

CAA

MAGAZINE

- Roll into winter with vital vehicle advice
- Helping kids benefit from the power of play
- How to ensure travels are wildlife friendly

WINTER 2023

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PLAYERS CLUB



ROAD MAP

WINTER 2023

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The Road Ahead

TIME CERTAINLY DOES FLY BY, as the saying goes. On October 27, 2023, my two-year term as Chair of the CAA Saskatchewan Board of Directors ended. I plan to continue my commitment of serving our valued Members for the 2023/2024 term as past president, while also remaining active on the Nominating/Governance Committee.

During my 10 years on the Board, I can truly say I have learned from and shared a lot of information and knowledge with our executives and staff and my Board colleagues, which have helped to better serve our Members and clients.

We have a staff of approximately 200 that work professionally and diligently at the 11 CAA Stores in 9 Saskatchewan communities, as well as at the CAA Car Care Centre at Regina Battery Depot. They all support Members and customers with their day-to-day needs. You don't have to be a CAA Member to receive our professional service, but being a Member does have its advantages—enjoying the many benefits and savings of membership.

With winter approaching, our trusted and experienced consultants in travel and insurance are ready and willing to help with your dream vacation plans, whether it's to sun destinations like Barbados and Bermuda or, as snowbirds, to popular Florida, California and Arizona or to Vancouver Island. (Learn more at [caask.ca/travel](https://www.caask.ca/travel) and [caask.ca/insurance](https://www.caask.ca/insurance).)

The road ahead for our motor club looks very promising for our business lines—Membership, Insurance, Travel, Automotive and Roadside Assistance. Our major focus for Membership—currently at

approximately 185,600—is on growth and membership retention.

In addition to the business side of CAA Saskatchewan, we remain a strong safety advocate for our Members as well as the public, as we research and monitor the latest information and trends on the following sectors:

- driver safety, including distracted driving and vehicle safety
- highway and road safety through our annual Worst Roads campaign
- tow-truck-operator and first-responder safety with our annual Slow Down, Move Over Day
- pedestrian and cyclist safety
- school-zone safety
- mature driving safety advice through the CarFit program
- air passenger rights
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- fuel-efficiency driving costs
(To learn more, visit [caask.ca/advocacy-safety](https://www.caask.ca/advocacy-safety).)

In closing, I'd like to thank each and every Member for staying with CAA and trusting us to help you and your family with your lifestyle needs.

Please know that your opinions and comments always matter to us. Feel free to contact us at notify@caask.ca with any thoughts, questions and suggestions.

Take care and stay safe. **CAA**



Brian L. Barber
Chair, CAA Saskatchewan
Board of Directors



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Member Letters

Have a story or comment you'd like to share? Email us at caa.magazine@caask.ca and you could be featured in an upcoming issue. Letters may be edited for length and clarity.



PROUD TO BE A PATROLLER

I've been a CAA Member for 35 years, but what started my involvement in the community was being a CAA School Safety Patroller in elementary school. I have such fond memories of being a patroller! Leaving class early, grabbing my belt (now a vest) and stop paddle, and heading outside to help my fellow students cross the street safely. I was proud to be a patroller. The program taught me about responsibility—it can be a tough job. It taught me to be more conscientious and I learned valuable life skills from this very important program that we need now more than ever.

-Ted Toma

OUTSTANDING SERVICE

I went to the CAA Saskatoon East store to purchase auto insurance. I received amazing service from Valerie Gwin. She was so knowledgeable and the service she provided was outstanding! What a gem of an employee. Thank you, Valerie.

-Janet

PHOTOGRAPHS: (FROM LEFT) COURTESY OF CAA; COURTESY OF AVALON WATERWAYS

WHAT A RELIEF

I love CAA. I've only had my membership for a few years, and when the time came for me to use it, knowing it was there was a huge relief. Everyone who worked with me was really nice, friendly and helpful. I had no doubts that my van was in great hands. Thank you, CAA. Sincerely, a very happy customer.

-Amanda

TREMENDOUS TRAVELS

Thanks so much, Candace Glenney, Senior Travel Consultant at the Saskatoon branch. Thanks to you, we had such an amazing time on our trip. Everything went smoothly—no flight or luggage issues here! We would highly recommend the Globus tour. The itinerary was amazing and the tour director was excellent. Thank you for your help.

-Doug and Dianne

I'LL BE A REPEAT CUSTOMER

Tara Schmidt provided me with excellent service. After my travel insurance appointment, she gave me information on the different cruises and packages available to me as a Member. I was very intrigued and I know that when I'm ready to travel, I'll be making my arrangements with Tara.

-Maggie

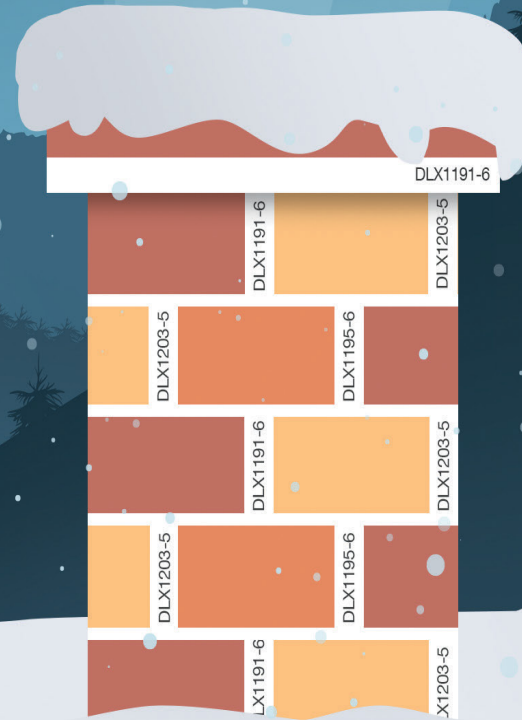
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RADAR

Feel the Heat

Take the plunge into nature's own hot tubs

By Claudia Laroye

COLD OUTSIDE? All the more reason to luxuriate in a soothing reservoir of warm mineral-laced waters! Take the plunge into these five remarkable hot springs in Canada and around the world.

LIARD RIVER HOT SPRINGS, B.C.

The second-largest natural hot springs in Canada is just off the Alaska Highway in northern British Columbia. This hot pool, which ranges from 42°C to 52°C, is surrounded by frosty white boreal forest. A boardwalk leads to the pool, passing through a warm-water swamp supporting plants and local wildlife.

TEMPLE GARDENS HOTEL & SPA, SASK.

In historic downtown Moose Jaw—minutes from shops, restaurants and other fun things—Canada's largest therapeutic geothermal mineral-water pool beckons with an indoor/outdoor rooftop retreat. After a deep soak, how about a nice cocktail? Yes, the lounge awaits. *CAA Members save 7% off the best available rate.*

BLUE LAGOON, ICELAND

The bright milky blue of Iceland's renowned Blue Lagoon contrasts with the stark black volcanic landscape in Grindavík, about 45 minutes from Reykjavík. Steam rises from the 37°C–40°C blend of heated saltwater and freshwater—a mineral-rich by-product of the nearby geothermal power plant.



The terraced pools at Pamukkale, a UNESCO World Heritage site, were allegedly favoured by Cleopatra.

PAMUKKALE, TÜRKIYE

Known for its brilliant white travertine marble pools brimming with striking blue thermal waters, Pamukkale (Turkish for “cotton castle”) is one of the country's most popular destinations. The bare-foot-only terraced pools are a UNESCO World Heritage site. In Cleopatra's Pool, a.k.a. the Antique Pool, you'll find Doric columns that tumbled into the water as a result of an earthquake in the 7th century. This is where Cleopatra liked to take a relaxing dip.

AQUA DOME SPA, AUSTRIA

Alpine wellness prevails at the Aqua Dome Spa, about an hour's drive from Innsbruck. The site features 12 thermal baths and 7 saunas with a full relaxation menu underneath a crystal-faceted glass dome, and, outdoors, spectacular views of the Ötztal Alps. There's also a kid-friendly area with a cascade waterfall and water slides.



CAA Travel can help you escape winter. Book your adventure today.

THE LOCALER

Jeanine Holowatuik

GROWING UP IN THE SMALL TOWN of Hudson Bay, 330 kilometres northeast of Saskatoon, Jeanine Holowatuik thought that people everywhere routinely got to see meteor showers, the northern lights and a sky so full of stars that “you can barely even see the dark places in between them.”

So it was a shock when she moved away for university and discovered that, thanks to urban light pollution, most people had never seen the nightly spectacle that she took for granted.

When she returned to Hudson Bay, Holowatuik taught herself astrophotography. Her images of the northern lights and other wonders of the cosmos have attracted international recognition, and her night photography workshops routinely sell out.

While many enthusiasts spend thousands of dollars flying to Alaska, Iceland and Norway to marvel at the aurora borealis, Holowatuik says that Canadians are fortunate to be able to see the phenomenon just by driving a few hours away from city lights, something she encourages them to do. “When you look up and see that, all your problems fade away. Nothing else matters other than that view.”

—Edward Kay



Nominate a Localer. We’d love to hear about people doing great things in your community. Send ideas to caa.magazine@caask.ca and they could be featured in an upcoming issue.



Astrophotographer Jeanine Holowatuik encourages Canadians to drive a few hours away from city lights and just look up.

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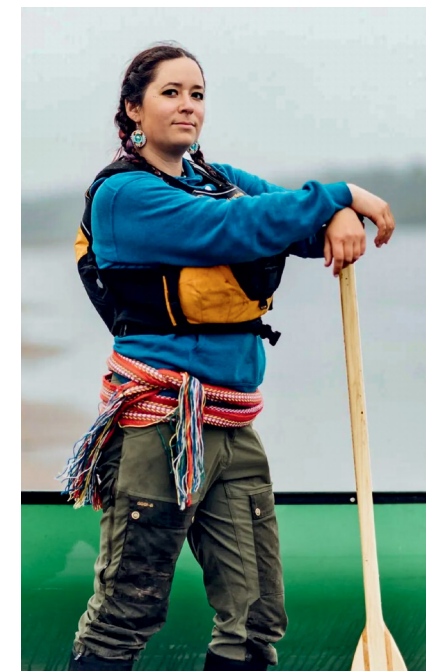
HOT SPOT

Aski Holistic Adventures

EXPERIENCED GUIDE and Indigenous adventurer Michela Carriere was raised and home-schooled at Big Eddy Lodge, deep in the wilderness of Saskatchewan River Delta. She now shares her knowledge of the land through year-round adventures at Aski Holistic Adventures (askiholisticadventures.com).

Summer highlights include canoe trips and herbal-medicine walks with Carriere, a trained horticulturist who is currently pursuing the Cree herbalist path. Wintertime brings its own menu of adventures, such as snowshoeing and nature therapy workshops.

—Kate Rae



At Aski Holistic Adventures, Michela Carriere shares her knowledge of the land.

PHOTOGRAPHS: (FROM LEFT) COURTESY OF ASKI HOLISTICA ADVENTURES; AHMED FAWZY ELARABY/ALAMY STOCK PHOTO

“Adventures include canoe trips and herbal-medicine walks in summer and snowshoeing and nature therapy workshops in winter



The long-awaited Grand Egyptian Museum opens early 2024.

Three to See

The Bridge Collection Museum Porto, Portugal

Fittingly located near the city of Porto, home of the famous sweet wine, The Bridge Collection Museum explores the history of the tradition of drinking and its role in society and culture over the past 9,000-plus years. On weekends, guests can participate in an immersive “escape room” game. Your mission: An artifact is missing and your team of researchers is charged with its recovery. You have 60 minutes.

Rijksmuseum Amsterdam, Netherlands

The original “national” (rijks) art gallery opened its doors in May, 1800, in The Hague. The Kingdom of Holland, under Louis Napoleon Bonaparte, moved the collection, in 1808, to the new capital. And it moved again...eventually to its own dedicated building, in 1885. After an extensive renovation, Queen Beatrix officially reopened the museum in 2013. The “national” museum of The Netherlands is famous for its collection of masterpieces, including Rembrandt’s *The Night Watch* and works by Frans Hals and Johannes Vermeer.

Grand Egyptian Museum Cairo, Egypt

The Grand Egyptian Museum (GEM) houses the largest archaeological museum complex in the world with more than 100,000 artifacts, including the complete collection of King Tut’s treasures. Construction began in 2005 and the museum is currently offering limited “trial” visits. It is slated to officially open in early 2024.

—Staff

Light Up Your Winter

'Tis the season for sparkling light shows across Canada

AS WINTER PAINTS Canada in dreamy white, the country responds with a vibrant palette of light. From coast to coast, glittering light festivals blanket frosty landscapes, creating a winter wonderland filled with magical experiences for all ages.



ALBERTA **Glow Holiday Festival of Lights**
Alberta decks the halls in style. The Glow Festival of Lights in Edmonton (Dec. 1-Jan. 1) and Calgary (Dec. 7-31) is a Christmas-themed indoor extravaganza spanning approximately 90,000 square feet featuring millions of twinkling lights, lively music, festive food and a bustling market.



SASKATCHEWAN **Enchanted Forest**
Located in the Saskatoon Forestry Farm Park and Zoo, the Enchanted Forest (Nov. 18-Jan. 7) features one of the longest-running drive-through light shows in the country. Now in its 25th year, the fantastical landscape boasts dozens of stunning custom displays, including a mesmerizing take on Noah's Ark that's 70 feet high and 160 feet in length.



MANITOBA **Canad Inns Winter Wonderland**
In Winnipeg, the Canad Inns Winter Wonderland (Dec. 1-Jan. 6) is a festive tour-de-force. More than a dazzling light show, the event features horse-drawn sleigh rides, a skating rink and food trucks offering delectable treats.



NIAGARA **Winter Festival of Lights**
Niagara Falls' Winter Festival of Lights (Nov. 12-Feb. 20) is Canada's largest free outdoor light extravaganza. The American and Canadian Horseshoe Falls become the canvas for vibrant light displays and fireworks, creating a memorable spectacle that mirrors the awe-inspiring power of nature.



ONTARIO **Canada's Wonderland WinterFest**
Canada's Wonderland, just north of Toronto, transforms into WinterFest (on select dates, Nov. 17-Jan. 7)—a haven resplendent in holiday cheer. This year's event features skating on Snow Flake Lake, live shows and hundreds of beautifully decorated Christmas trees throughout the theme park.



NOVA SCOTIA **Evergreen Bright**
A wintertime celebration of Nova Scotian hospitality, Evergreen Bright (Nov. 24-Dec. 17) is all aglow with installations along the Halifax waterfront and throughout downtown Halifax and Dartmouth. Visitors can stroll through the light-strewn paths, enjoy live performances and stop by vendors set up in cozy wooden chalets offering warming beverages and delicious local food.
—Claire Sibonney



PLAYLIST

What Songs Do You Road Trip to, Jess Moskaluke?

AWARD-WINNING country artist Jess Moskaluke—known for her 2014 hit, “Cheap Wine and Cigarettes,” and No. 1 “Country Girls” from her latest album, *The Demos*—usually listens to podcasts on road trips. But when she switches to music, the Langenburg, Sask., native says, “The vibe is usually ‘chaotic’—ha ha—there’s no theme at all.” And yes, she’ll slip in her own songs. “We call that ‘mixing in a vocal workout.’”

Bad Memory Nate Smith	
I'm Not Pretty Megan Moroney	⋮
Slide Madeline Merlo	⋮
Palm of Your Hand Seaforth	⋮
Heartbreaker Jess Moskaluke	⋮
Rhiannon Fleetwood Mac	⋮
Shoot Tequila Tigirlily Gold	⋮
Something's Gonna Kill Me Corey Kent	⋮
Lavender Haze Taylor Swift	⋮

Songs may not be appropriate for everyone. Listener discretion is advised.

PHOTOGRAPHS (LEFT COLUMN, FROM TOP) COURTESY OF GLOW GARDENS; COURTESY OF BHP ENCHANTED FOREST; COURTESY OF TOURISM WINNIPEG; COURTESY OF NIAGARA, CA; COURTESY OF CANADA'S WONDERLAND; COURTESY OF EVERGREEN FESTIVAL (MOSKALUKE); COURTESY OF JESS MOSKALUKE

Surf's Up

Experience the delight of winter surfing all across Canada

By Briony Smith

ANTONIO LENNERT was destined for the sea. After a childhood spent surfing the beaches of his native Brazil, he moved to California, where he found a cool camaraderie with fellow surf enthusiasts. Even a move northward to Canada couldn't keep him from the waves for long.

Lennert co-founded Surf the Greats, a surf and coffee shop in Toronto that aims to cultivate community among surfers—experienced and beginner alike—and promote the joys of surfing on the Great Lakes and beyond.

Canada certainly has an abundance of exciting surf spots and, perhaps best of all, many can be enjoyed year-round—even in winter.

Here, Lennert shares his recommendations for the best winter-surfing spots across Canada.

WOODBINE BEACH

Lake Ontario, Toronto

“Situated along Lake Ontario's shores, Woodbine Beach offers relatively smaller waves along its sandy bottom shoreline, making it a reliable location for winter surfing. And there's a striking juxtaposition of Toronto's skyline against the vast expanse of Lake Ontario.”

Best for beginners: “The often-gentler wave patterns make it particularly suitable for beginners. Here, novice surfers can learn the ropes without being overwhelmed, and there are always other surfers around.”

Visit nearby: “After a surf session, pop by our shop in Leslieville. Woodbine Beach offers one of Toronto's most captivating sunrises.”

COX BAY BEACH

Tofino, Vancouver Island, B.C.

“The area offers consistent swells, especially during the winter months. This Pacific Northwest paradise is an amalgamation of dense rainforests, rugged coastlines and misty shores. The mist



Antonio Lennert prepares to surf on Georgian Bay.

hanging over the towering cedars as waves crash onto the rocky shores presents an ethereal winter wonderland for surfers.”

Best for intermediate surfers: “The waves at Cox Bay Beach can go from very chill to powerful, depending on the swell, making it an ideal spot for intermediate surfers.”

Visit nearby: “Check out Storm Surf Shop for all your local surfing needs. Post-surf, head to Tacofino for the best tacos in town and grab a pint at the Tofino Brewery.”

LAWRENCETOWN BEACH

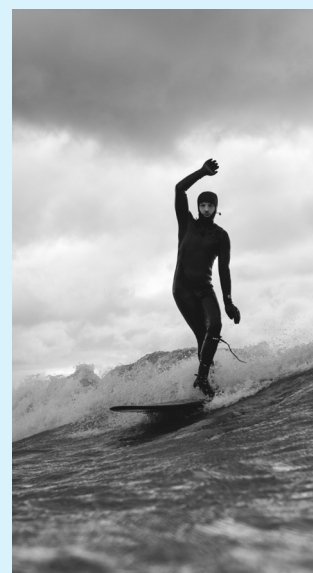
Nova Scotia

“Lawrencetown Beach is exposed to the open Atlantic, ensuring powerful swells and challenging wave conditions, especially during hurricane season and the winter, when the North Atlantic storms roll in. The raw power of the Atlantic is palpable here, with the waves crashing against the rocks and creating a mesmerizing spectacle.”

Best for advanced surfers: “The challenging wave conditions demand a certain level of expertise, making Lawrencetown Beach a haven for more advanced surfers.”

Visit nearby: “After an unforgettable surf session, head to one of the quaint towns nearby for some classic Maritime hospitality. The picturesque landscapes surrounding the area, especially during sunrise, provide photographers with countless opportunities to capture Nova Scotia's raw beauty.”

“Canada certainly has an abundance of exciting surf spots and, perhaps best of all, many can be enjoyed year-round”



Lennert catches a wave on Lake Ontario.

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What's Your Favourite...?

Arts administrator extraordinaire **Marian Donnelly** dishes on the best places in Regina to catch music and art, and what makes Canadian rural communities so special

By David Jager



Arts scene enthusiast Marian Donnelly keeps track of local talent in Canadian rural communities; Saskatoon's Remail Modern art gallery, she says, is an "anchor institution."

IF YOU WANT THE SCOOP on the Saskatchewan arts scene, ask CAA Member Marian Donnelly. Donnelly has spent much of the past four decades working as a producer, manager, festival director and venue owner, supporting and nurturing talent across the country. We asked her about her favourite arts and culture activities around Regina, where she founded Creative City Centre in 2008.

You've produced, worked at or volunteered at dozens of music festivals. Any favourites?
The Regina Folk Festival, right in the heart of Victoria Park, is probably one of the most ideal outdoor festival locations. It's been running for the last 52 years. It's compact, it has hundred-year-old trees, the sightlines are great, the acoustics are fantastic, and it's super-accessible.

Tell us about a local musician that you're listening to these days.
Megan Nash is probably one of my favourite artists working right now. She sings about small-town Saskatchewan life,

rural topics, what it's like to grow up on the farm. She manages to do it in a way that is nostalgic but very infectious.

Where would you recommend someone go to see live music?

There's a lot of music here in Saskatchewan, and a lot of local song-writing, open mics and song circles. You have a lot to choose from. The Cure on 11th Avenue is a fantastic restaurant-pub and there's always interesting new talent there. There's also a stage at The Artesian on 13th, a repurposed little church-turned-music venue where you can catch up-and-coming artists. And in Swift Current, just outside of Regina, there's a fantastic venue called The Lyric Theatre.

What about visual art?

There are two beautiful art galleries in Saskatchewan—MacKenzie Art Gallery in Regina and Remail Modern in Saskatoon. These are anchor institutions, must-see places that have scale and a wealth of talent. The Assiniboia, Slate Gallery and many other small ones are around as well.

You've spent your entire career travelling the province and throughout Canada. What are some of the most intriguing discoveries you've made?

What always strikes me is that creativity and community are everywhere, even when the locals don't necessarily frame it as "art." Art is everywhere. In Regina, my favourite arts community is one that surrounds a dance company called FadaDance. But the most astonishing discovery I've made was the paintings of Count Berthold von Imhoff in the small town of St. Walburg, Saskatchewan. He was a world-class painter—of religious subjects, mostly—born in Germany, and he settled in this small rural community, where he set up his studio. He decorated so many local Saskatchewan cathedrals and there's a museum dedicated to him. He's worthy of his own article. A real hidden treasure. **CAA**

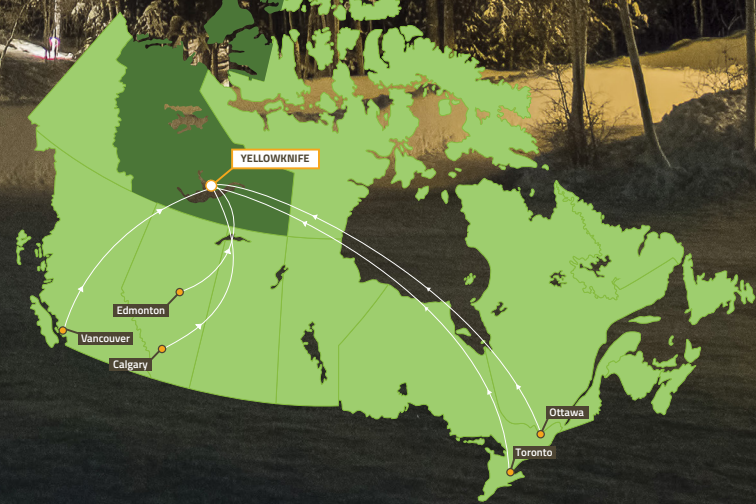
“There's a lot of music here in Saskatchewan, and a lot of local song-writing, open mics and song circles. You have a lot to choose from

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AURORA VILLAGE GAWAIN JONES / NWTT



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Creature Comfort

Here's how to track down ethical animal attractions that preserve and protect wildlife

By Vawn Himmelsbach

Illustration by Guilherme Henrique

IF YOU LOVE ANIMALS, the chance to swim with dolphins may seem like a dream vacation opportunity. But you might want to consider scratching that off your list.

From snorkelling with salmon in B.C. to gorilla trekking in Uganda, there's no shortage of exotic animal encounters being offered to entice travellers. Around 110 million people visit wildlife attractions each year, according to World Animal Protection, a global non-profit animal advocate, but it also notes that 75 percent of these venues have a negative impact on wild animals. Think ostrich rides and shark baiting. Often, animals have been snatched out of their natural habitat to become "props" for tourists, which can cause long-term harm.

"Many wild animals that are used for the tourism industry have endured severe trauma, like being removed from the mother at an early age, facing inhumane training methods and cosmetic alterations [such as] removal of teeth or claws," says Michèle Hamers, wildlife campaign manager for World Animal Protection Canada.

Animals in captivity can't engage in natural behaviours, often leading to boredom, frustration and stress, warns Hamers. That translates into abnormal behaviours, from pacing and self-harm—such as plucking out their own hair or feathers—to unnatural aggressiveness. "Other impacts are less visible, like PTSD and depression," she points out.

Unfortunately, there is no globally recognized body—nor any formal standards or certifications—that people can turn to for determining if a wildlife experience is ethical. However, they can watch out for these red flags suggested by World Animal Protection.

- Avoid venues where you can touch, hug, feed, take a selfie or closely interact with a wild animal (and yes, that includes swimming with dolphins).
- If a "sanctuary" sells, breeds or makes animals perform tricks, it's not an ethical operation.
- Be skeptical if operators "guarantee" an encounter with animals in the wild, which could mean animals are baited.

"Labels like 'sanctuary' and 'rescue centre' can be used by anyone, so people cannot rely on such descriptions," notes Hamers. The same red flags apply to wildlife voluntourism.



World Animal Protection provides tips on its website (worldanimalprotection.ca/take-action/animal-friendly-travel-tips) to help people determine if animals' basic needs are being met by the operator or venue.

Several groups are establishing volunteer or independent certifications to guide animal lovers looking for ethical ways to interact with wild animals. Whale Sense (whalesense.org)—sponsored by Whale and Dolphin Conservation and the National Oceanic and Atmospheric Administration—assists visitors to find whale-watching companies committed to responsible practices. The Global Federation of Animal Sanctuaries—which has accredited more than 200 sanctuaries, rescue facilities and rehabilitation centres—enables visitors to its website (sanctuaryfederation.org) to search by animal and region. And the World Wildlife Fund has teamed up with Natural Habitat Adventures on 90-plus conservation-based itineraries, searchable on its website (nathab.com).

While you won't be riding an elephant or taking selfies with koalas, the magic of an encounter with happy, healthy animals in their natural habitat is, after all, hard to beat. **CAA**



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BREAK THE ICE

Get your vehicle winter-ready with WeatherTech®

By Alexis Ramlall

Set yourself up for success on the road this season and prepare your car before the snow falls.

Tires

All-season tires are no match for Canadian winters. Winter tires, made with a specially formulated rubber composition to stay soft and pliable in freezing temperatures provide the right amount of traction, braking and handling with their tread depth and pattern grooves, so you can take on the icy roads and slippery slush.

Windshield Wipers

Visibility on the road is important all-year round, but especially in winter when dark, cloudy or snowy conditions are common. Once your wiper blades start to create streaks on your windshield, it's time to replace them.

Batteries and Charging System

Low temperatures can impact your vehicle's battery, while heaters and defrosters put stress on the charging system. Avoid needing a boost this winter by getting both inspected.

Interior Protection

When winter is all said and done, cleaning your vehicle's carpets can be a tough task. Investing in quality floor protection can lighten the load by preventing road salt stains and potential mould growth caused by soaked carpets. Protect the floor of your vehicle with the laser-measured WeatherTech® FloorLiner™ or FloorLiner™ HP.

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Over Extended

Sales plays pushing extra warranties can be high-pressure, but most buyers should shy away

By Matt Bubbers

DO YOU NEED an extended warranty on your new vehicle?

The short answer is no. Sometimes, though, it feels like you do—especially if the salesperson is pushy.

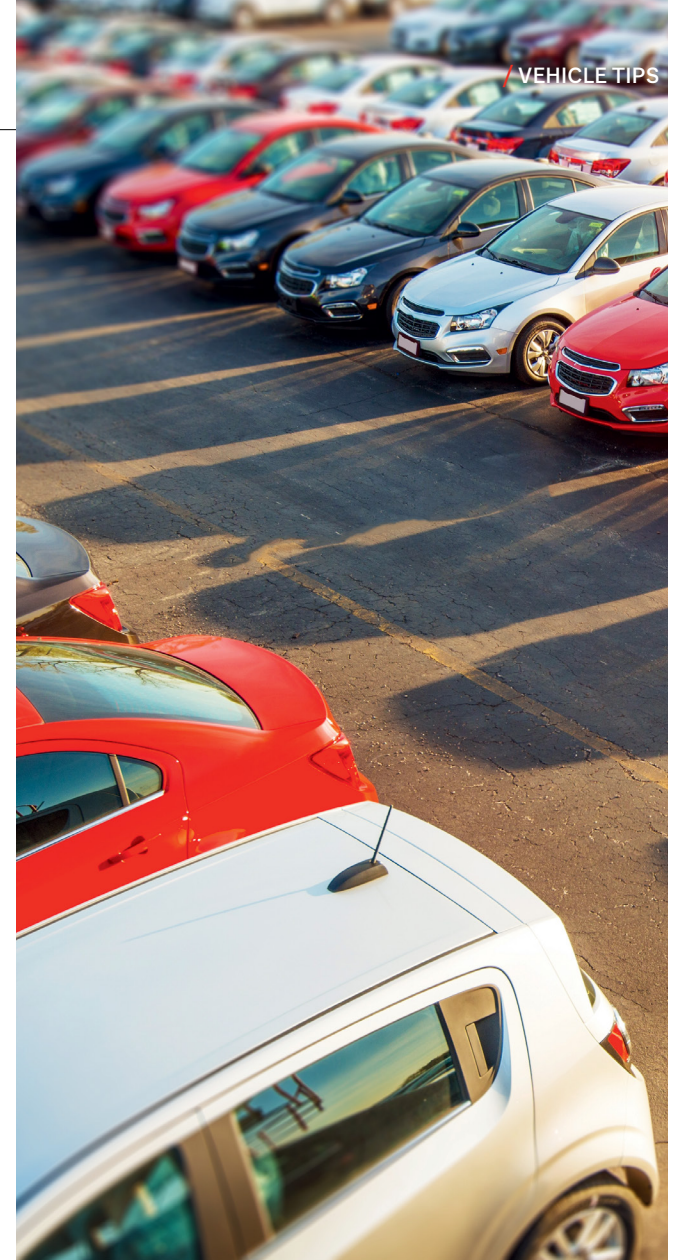
Here's the usual scenario. Just when you think the deal for that new car is done, you'll be ushered into the dealership's business office, or something like that, where another salesperson will try to sell—among other things—an extended warranty.

Buyers should be prepared for potentially high-pressure sales tactics. Dealer margins are typically thin, and offering extra products like warranties is one way to boost profits. Meanwhile, drivers are keeping their vehicles longer, and with an older vehicle comes the fear of expensive repairs. This makes buyers vulnerable to suggestion.

Keep in mind that every new vehicle has a factory warranty included in the price. Extended warranties can provide longer-term coverage and can be optionally offered from the manufacturer or from third parties. As *The New York Times* reported in June, some of those third-party warranties can be okay, while others are bad and some others are total scams. The cost of making repairs as they are needed very rarely exceeds the price of the extended warranty.

So, what's a car buyer to do? Consumer Reports doesn't recommend third-party warranties at all, period.

But if you're a person who's fearful or worried about a big expensive repair, then maybe the mental calmness an extended warranty would bring is worth the money. Or, if you can't afford that sudden unexpected repair, then buy the factory extended warranty. For everyone else, extended warranties are usually not worth the cost. **CAA**



CAN THE DEALER CHANGE THE PRICE AFTER WE'VE AGREED ON IT?

In certain rare circumstances, yes, the dealer can change the price of a vehicle even after a contract is signed. (Be sure to read the fine print, which will spell everything out.) If, for example, a manufacturer stops building a certain trim level, a dealer may have to substitute a higher-end trim at a higher price. In that case, the buyer could back out and get the deposit back. But if there is no good reason for the sudden price hike, buyers should contact the manufacturer and the provincial regulator to report the dealer's improper behaviour.

PHOTOGRAPH: WELCOMIA/ISTOCK



Buying a new vehicle? Visit blog.caask.ca/caa-membership-new-car-owners to find out why a CAA membership makes a lot of sense even for new car owners.



The Best of Bermuda

Travel writer Vivian Vassos shares what keeps her coming back to this gem of a destination in the mid-Atlantic

By Vivian Vassos



(Opposite page) Bermuda's famous pink sands; (above) Hamilton Princess & Beach Club, a.k.a. the Pink Palace.

PHOTOGRAPHS (OPPOSITE PAGE & THIS PAGE) COURTESY OF JESS JOHNSTON

WHEN I RECALL BERMUDA, I always think pink—the pink sand beaches, candy-floss-coloured houses and verdant gardens dotted with roses and fuchsias growing so close to the roadside that you can roll down the car window and almost touch them. I have rosy memories of all my trips to Britain's oldest overseas territory.

Bermuda was one of the first places I visited, solo, years ago, and I always feel safe there. On my second trip, I learned how to mix cocktails with the region's famous rum (more on that later). I then returned to sail around these coral islands on a catamaran. This year, I took time to dig a little deeper and learn more about Bermuda's origins. And there's always more to bring me back.

People may speak of Bermuda as if it's one island, but, in fact, it's an archipelago of strung-together islands, islets and other tiny rocks that span roughly 56 square kilometres. It may be small, but it's rich in culture, with a prosperous economy, complex history and lively arts community.

Here are some of my favourite things to see and do on—as locals lovingly call it—"The Rock."



HIT THE LINKS

Bermuda is a golfer's heaven with seven world-class courses, including the award-winning Port Royal, designed by the inimitable golf course architect Robert Trent Jones, Sr. The PGA's Butterfield Bermuda Championship tees off here in November. Most courses are public or run by hotels such as Tuckers Point Golf Club at the Rosewood or Turtle Hill at the Fairmont Southampton. All seven courses have spectacular ocean views and are open year-round.

Insider tip: Mid Ocean, consistently voted as one of the world's best courses, is private but opens a few coveted spots to the public on weekdays. Book a tee time far in advance.

“
Bermuda may be small, but it's rich in culture, with a prosperous economy, complex history and lively arts community

CLIMB A LIGHTHOUSE

Gibbs Hill Lighthouse, among the oldest of cast-iron lighthouses on the planet, still beams out into the Atlantic, as it has been doing since 1846. If you're feeling fit, climb the 185 steps to the top and take in the views of the South Shore, Little Sound, the Royal Naval Dockyard and the skyline of Hamilton, Bermuda's capital.

Insider tip: The little door at the top leads to an outdoor walking platform with a 360-degree view.

LIVE ARTFULLY

Splurge and book a stay at the Hamilton Princess & Beach Club. This Fairmont-managed property—known locally as the Pink Palace—has been a mainstay in Bermuda since 1885. Mark Twain lounged on the veranda and held autograph signings in the hotel. Now, the Hamilton Princess includes an impressive gallery space with a collection of more than 300 pieces by some of the biggest names in modern and contemporary art. Visitors can get up close to major works by Warhol, Picasso, Koons, Kusama, Weiwei and Banksy.

Insider tip: A local gallerist leads a hotel art tour by request.

DINE AT AN INTRIGUING SPOT

After taking the art tour at the Pink Palace, head to its newly opened restaurant, Intrepid. This steak-and-seafood venue is directed by the deft hand of Antwan Ellis, who honed his craft at Shula's and Todd English in Orlando. Here, in Bermuda, American grill-meets-raw-bar in an elegant art deco-inspired space.

Intrepid was the code name for the Bermuda-based Second World War operative, Sir William Stephenson, a friend of author Sir Ian Fleming and rumoured to be the inspiration for Fleming's famous character, James Bond.

Insider tip: If you order a martini, expect vodka, Lillet and an olive—a variation of Bond's cocktail in *Casino Royale*. Shaken, not stirred, of course.

LEARN FROM LOCALS

Enjoy a history lesson via Unchained on the Rock, a new initiative founded by locals Liana Nanang and Ajala Omodele—year-round talks, tours and workshops chronicling Black liberation and resistance. I met them at the Commissioner's House in the Dockyard, where their guided tour of the National Museum of Bermuda offered the perspective of the African diaspora and enslaved people of West Africa, the West Indies and Indigenous American peoples. Nanang, a descendant of enslaved Africans and Indigenous Americans brought to Bermuda, and Omodele read snippets

PHOTOGRAPHS (THIS PAGE) COURTESY OF HAMILTON PRINCESS & BEACH CLUB. (OPPOSITE PAGE) COURTESY OF GAVIN HOWARTH

(This page)
Intrepid restaurant, at the Hamilton Princess hotel, features a faceted curve of panoramic windows overlooking Hamilton Harbour. (Opposite page)
A view of the North Atlantic Ocean from atop Gibbs Hill Lighthouse.





PHOTOGRAPHS: (OPPOSITE PAGE) TOP LEFT, TOP RIGHT & BOTTOM RIGHT, GAVIN HOWARTH; BOTTOM LEFT, COURTESY OF BERMUDA TOURISM AUTHORITY (THIS PAGE) COURTESY OF BERMUDA TOURISM AUTHORITY

(Opposite page, clockwise from top left) Blue Hole Park in Walsingham Nature Reserve; the Dark 'n Stormy cocktail mixes dark rum and ginger beer; centuries-old stalactites at Crystal Caves; coral reefs fringing the historic town of St. George are part of a UNESCO World Heritage site. (This page) Bermuda's shallow reef system is easily accessible to snorkellers.

of their poetry as we walked the halls where their ancestors once toiled—a deeply moving experience that encouraged me to learn more.

Insider tip: Follow the island's African Diaspora Heritage Trail of more than 50 Sites of Memory, created as part of the UNESCO Slave Route Project, which shares the stories of enslaved people across the globe.

DIVE IN

Bermuda is great for snorkelling and diving year-round. I sailed to a near-perfect snorkelling spot at the Western Blue Cut, where several shipwrecks, caught in the shallow barrier reef, are easily spotted at a depth of less than nine metres.

Insider tip: April is Dive Month in Bermuda, when visibility of the coral reefs and the numerous shipwrecks is considered at its best.

SIP ISLAND RUM

I learned how to stir up a perfect Dark 'n Stormy cocktail with rum and ginger beer at Gosling's Rum Distillery in Hamilton. According to Gosling's, the recipe originated at a local ginger beer factory run as a subsidiary of the Royal Navy officers' club. It's said the name comes from a fisherman's observation that the dark drink looks like "the colour of a cloud only a fool or dead man would sail under."

Insider tip: Bermuda's other famous cocktail is the Rum Swizzle—you'll find different versions of this rum-and-citrus drink across the island, but I

recommend the one that claims to be the original, at The Swizzle Inn Pub.


TAKE IN THE LANDSCAPE

Walsingham Nature Reserve is sort of a one-stop shop to take in Bermuda's most dazzling views. Blue-pooled grottos offer plenty of snorkelling and swimming options, and the hiking trails abound with flora and fauna. The famous Crystal Caves, with their luminous stalactites dripping above groves of stalagmites, provide a breathtaking respite from the heat of the day.

Insider tip: Rent a bike and tour the island at your own pace along the 29 kilometres of accessible trails of the Bermuda Railway Trail National Park. Tourists are not allowed to rent cars on the island, but rental electric mini-cars and scooters are available. Taxis and public transport are well organized and easily accessible. **CAA**

VIVIAN VASSOS is a lifestyle writer and editor with more than 25 years of experience in magazine and newspaper journalism. Her work has appeared in Traveller, The Globe and Mail, ZOOMER Magazine and Travelweek.



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Travel Goals

A father and son make winning memories on a footie-focused trip to London
 By Michael Bettencourt



Steps of Change by Acrylicize, a design installation created for Wembley Park Art Trail's summer 2023 exhibition, *Equilibrium*.

AS OUR CAR FROM Heathrow Airport approached the busy Wembley district of northwest London, my son, Adrian, and I watched the impressive 133-metre archway of Wembley Stadium come into view. I felt a tingle of anticipation for the historic football match we had come all the way from Toronto to see—Manchester City versus Manchester United, two teams that have dominated English football for the past 30 years, in the highly anticipated final game of the 2023 Football Association (FA) Challenge Cup.

This father-and-son trip was a promise I had made to Adrian during one of our many weekend mornings spent together watching English football (it's rarely called soccer in our household). His older brother, Julian—a passionate fan who's

now pursuing a sports media career in university—and I had previously enjoyed a similar footie-focused trip to England, so it felt like a rite of passage for Adrian to experience a game at one of the meccas of international football.

I'm sure we're not the only Canadian family making the trip. Catching a football match has long been a popular activity for visitors to England, and attendance was already on the upswing pre-pandemic. The number of tourists who attended a match increased from 900,000 in 2011 to 1.5 million in 2019, according to a VisitBritain report. The popularity of soccer is increasing in North America, likely fuelled by hit shows *Ted Lasso* and *Welcome to Wrexham* and Inter Miami's acquisition of all-time-great Lionel Messi. And fan

PHOTOGRAPHS: (THIS PAGE) CHRIS WINTER/WEMBLEY PARK; (OPPOSITE PAGE, CLOCKWISE FROM TOP) COURTESY OF MICHAEL BETTENCOURT; YURI TURKOV/ALAMY STOCK PHOTO; DANIEL HAMBURY/STELLA PICTURES LTD; HORST FRIEDRICH/ALAMY STOCK PHOTO; COURTESY OF MICHAEL BETTENCOURT



(Clockwise from top) The 2023 Football Association Cup final game at Wembley Stadium; Chelsea artifacts on display at Stamford Bridge; views of Tottenham Hotspur Stadium from the Dare Skywalk; Arsenal's home dressing room in Emirates Stadium; Michael and Adrian kitted out in rivaling team colours.



MORE GOTTA-SEE FOOTBALL STOPS IN ENGLAND



Etihad Stadium

Manchester

Two major global soccer powerhouse teams are located a 12-minute drive apart in Manchester. Fans can visit Man U's iconic Old Trafford grounds and, in contrast, the city's gleamingly new Etihad Stadium. Both offer tours, but Manchester City includes a virtual press conference with a hologram of its manager, Pep Guardiola.



Anfield Stadium

Liverpool

Fierce Man U rivals, the Liverpool Football Club plays at Anfield Stadium. Tours take you past Liverpool's famous "This is Anfield" sign and offer fans the chance to try a penalty kick or commentate on a big play. Hard-core football fans can also visit the nearby Goodison Park before Everton FC's oldest pro stadium is closed for redevelopment.



Paved Court

Richmond

Ted Lasso may feature a fictional AFC Richmond team but was filmed in the real London suburb of Richmond, where fans frequent landmarks such as The Crown & Anchor pub (The Prince's Head in real life) and Ted's nearby charming pedestrian street (called Paved Court). Various walking tours are available, though Selhurst Park (used for most of the show's stadium shots) is in the London Borough of Croydon.

numbers are bound to grow in the lead-up to the 2026 World Cup to be co-hosted by Canada, the U.S. and Mexico.

We were lucky to have scored tickets to this sold-out game, the first time in the FA Cup's 151-year history that rivals City and Man U were facing off in the final. It's also Wembley's 100th anniversary year—the massive 90,000-seat stadium was built in 1923 to support England's intense passion for football.

The day before the game, Adrian and I checked out some of London's many other famous soccer sights, eschewing more customary attractions such as Buckingham Palace and Piccadilly Circus. Emirates Stadium in central London was our first stop—home of the Arsenal football club—where we toured the field, dressing rooms, directors box, home dug-out and the museum and trophy room.

Next, we headed to Tottenham Hotspur Stadium in north London, the city's newest Premier League stadium where visitors can don a harness to walk across a transparent platform at the top of the stadium, overlooking London and the pitch below. Adventurous fans can also opt to be lowered 42 metres to the pitch.

Stamford Bridge was our last stop. Home to Chelsea FC, one of London's biggest teams, this historical club offers one of the most popular stadium tours in Europe where fans can tour the museum and take pictures next to the pitch.

On game day, we set out early as advised. Local transport officials recommended separate routes for City and United fans travelling from Manchester to London—not just to reduce road congestion but to prevent flare-ups between rival fans at rest stops along the way.

Team loyalties burn deep and span generations in England. Although Manchester United once dominated the English Premier League, their last win was in 2013. Revered Man U coach Sir Alex Ferguson called City their annoying "noisy neighbours," when City started winning regularly, and the moniker stuck as they continued to rack up titles in England—including Europe's coveted

Champions League title in 2023. Excitement—and tensions—were clearly high for this match as we were about to find out.

"We can't let you in dressed like that," said the security guard, gesturing at my son's bright red Manchester United scarf and matching jester cap. It stood out beside the blue of my Manchester City jersey—and the blue gear worn by almost everyone else on that side of Wembley.

At home in Canada, a father-and-son duo dressed to support rival soccer teams can usually sit together with nothing more than a few disapproving glances. But in England, "Red Devils" and "Sky Blues" are separated by vacant stadium sections and teams of security guards. Luckily, Wembley Stadium has a whole outdoor shopping mall. With

my son kitted out in a brand-new grey sweatshirt, we were successfully admitted on try number two.

Once we reached our section, the deafening chants and drums of the Man City fans rang in our ears and blue-and-white flags waved around us. Thankfully, we reached our seats well before kickoff because City scored its first of two goals within 12 seconds of the opening whistle, as fans in our section leapt out of their seats. Later, when Man U scored its one and only goal, Adrian resisted cheering and opted for a subtle leg-squeeze instead. But it made the experience no less exciting for him.

After the game, I discreetly asked a security guard if my son could have a United flag. He located a security manager, who eventually retrieved one

from the opposite end of the field but warned us to hide it under our City flags and other purchased gear.

"Next time, we have to make it to Manchester," said Adrian as we exited Wembley Stadium. "But we're going to Old Trafford—and sitting in the red section."

I don't know how long this kind of quality time will continue with my younger son. But if the memories created by this trip extend our game time together, that's a real win for both of us. **CAA**

MICHAEL BETTENCOURT has been a journalist for more than 20 years. He is co-author of a book on electric vehicles in Canada, to be published in 2024.



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Ear and Now

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Game On

Three organizations are working hard to ensure that Canadian kids benefit from the power of play

By Claire Sibonney



(Above) Children playing double ball, a traditional Indigenous game, at a Spirit North community event. (Opposite page, from top) KidSport Canada CEO Greg Ingalls, left, and Nate Challen, general manager of Sanofi Consumer Health Canada; Fast and Female's annual Girl's Run in Canmore, Alta.

ORGANIZED PHYSICAL activities are so much more than just fun and games. They help children get exercise, make friends, learn teamwork and improve self-esteem and mental health. Yet, according to the latest ParticipACTION Report Card on Physical Activity for Children and Youth, participation in organized sports programs is at its lowest level in nearly a decade.

Many kids in Canada miss out on sports because of financial hardship, gender and racial barriers and lack of access to sports leagues or school programs. That's where not-for-profit organizations pick up the ball. These inspiring charities work hard to ensure that kids aren't left sitting on the sidelines.

FAST AND FEMALE

Research shows that 94 percent of women who hold top management positions are former athletes. Sports teach collaboration and help girls build the confidence to become leaders. Yet, by the age of 16, one in three girls who play sports drop out, compared with one out of ten boys the same age.

Fast and Female is a Canadian charity that partners with local organizations to keep girls in the game. It runs events, mentorship programs and educational workshops for a wide range of sports, from cheer and running to wheelchair basketball. In Dartmouth, for example, Fast and Female paired up with the Mic Mac Amateur Aquatic Club for a Champ Chats event, which connected girls with women athletes and role models for a panel discussion, yoga session and physical activity circuit. And in Oro-Medonte, Ont., girls attended a Power Hour workshop led by local role models followed by an opportunity to cycle the trails at Hardwood Ski and Bike.

"Role models are at the heart of what we do," says

Gabriela Estrada, executive director of Fast and Female. The group's mentors include gold-medal professional athletes as well as doctors, firefighters, nurses and teachers, she notes, all geared to empower girls through sport and physical activity.

SPIRIT NORTH

In the Nordic skiing world, Canadian Beckie Scott made history as the first North American woman to win an Olympic gold medal in cross-country. In recent years, the three-time Olympian, anti-doping advocate and Officer of the Order of Canada has shifted her attention to helping others succeed. In 2009, Scott established Spirit North, a national charitable organization that uses sports and physical activities to improve the health and well-being of Indigenous youth. She was inspired to create the non-profit after a stint as an ambassador for a small ski program in northern Alberta where all the participants were First Nation and Métis.

Scott saw how even such a short visit could impact children by inspiring them through sports. But it wasn't enough. "Hearing, at the end of the day, 'When are you coming back?'" was a heartbreaker because you recognize that this is one of the only opportunities they get, and it's so unfair," says Scott. "We have this entire population of people living on the margins of society who just don't have the same access [to sports]."

Reaching 13,000 Indigenous youth in 105 communities across Canada, Spirit North's activities and programs range from canoeing in Alberta to snowshoeing in Manitoba to hiking in Saskatchewan. Spirit North also teams up with elders, family members, advisors and local educators in various communities to host festival days for kids. Currently, about half of the program's coaches are Indigenous and the goal is to double that with the help of the organization's mentorship and training programs.



“Sport is something that all kids should have access to because it teaches lessons that will make them better people”

KIDSPORT CANADA

With 166 chapters across the country, KidSport Canada provides lower-income families with financial assistance for sport registration fees and equipment costs. Currently, it raises about \$9 million annually to help 40,000 children per year by funding opportunities for more than 80 different sports.

"Sport is something that all kids should have access to because it teaches lessons that will make them better people," says KidSport Canada's CEO, Greg Ingalls. "Some of those athletes end up becoming Olympians or professional athletes. That's awesome. But we're more concerned about creating solid citizens through sport."

Since 1993, KidSport has helped nearly one million Canadian children experience the joy of organized sports. One of those kids was Yembeh Moiba, who, at age 6, emigrated from Sierra Leone to Alberta with his mom and five siblings. With the help of KidSport, he earned a football scholarship to the University of Alberta, where he graduated as a chartered accountant. Now Moiba volunteers as the treasurer for KidSport Alberta. "[Using] sport as a social development tool, providing opportunities for kids," says Ingalls, "those are the things we're most proud of." **CAA**

CLAIRE SIBONNEY is a freelance writer and editor whose work has appeared in National Geographic, Self, Teen Vogue, InStyle and other publications. She also teaches journalism at Centennial College.



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Leaders of the Pack

Regina-based RaiseHER Community helps women become leaders through networking, mentoring and skill-building

By Alison LaMantia

NOT LONG AFTER Talitha McCloskey and Skylar Gerard met in high school, they discovered they shared a couple of traits that were not common among their female friends—confidence and the willingness to speak up.

A lot of that commonality stemmed from having built-in female role models—their mothers. “Both of our moms were working mothers,” says Gerard. “They reached the top in their careers, yet they were still amazing moms.”

As she and McCloskey began parallel careers in public relations, they found that confidence and a desire to lead were rare among female professionals, and that mentorship opportunities were even rarer.

“We realized how hard it is for women to find female mentors if they’re not immediately accessible in [their lives] or if the workplace or industry doesn’t set those things up formally. And many don’t,” Gerard notes.

Propelled by a drive to provide leadership learning and mentorship opportunities for women, the two women founded RaiseHER Community in 2019 with their moms and mentors, Marlene Smadu and Gwen Keith.

Since its inception, RaiseHER has hosted more than 40 virtual and in-person events, reaching more than 1,000 individuals. Events are themed, and past topics include how to be a better ally, smashing the glass ceiling and telling your “why” story. Activities are open to anyone, men included. “As long as you support women, we’re happy to have you in the community,” says Gerard.



RaiseHER co-founders (clockwise from top left) Skylar Gerard, Talitha McCloskey, Dr. Marlene Smadu and Gwen Keith.

The duo prioritize showcasing local talent. “We don’t need to look far to find great leaders,” Gerard notes. Those leaders include Nicole Cook, associate CEO of Chief Red Bear Children’s Lodge; gender equity advocate Raiha Shareef; and Melissa Coomber-Bendtsen, CEO of YWCA Regina.

At a RaiseHER event, there’s a good chance you’ll sit with someone you don’t know and make new connections. Or you can join “She’s Here: Owning the Table,” a formal mentorship program co-created with the University of Regina’s Champions of Change Club.

“We know that confidence and connections are key to helping women step into leadership roles and exercise their leadership skills,” says Gerard. “So those are the two things we focus on building.” **CAA**

“
We realized how hard it is for women to find female mentors



Is there an organization in your community that people need to know about?

We’d love to hear about it! Get in touch at caa.magazine@caask.ca.

Rolling into Winter



How to make sure your vehicle is ready for the chilly season

By Benjamin Yong
Illustrations by Jason Ford

WINTER PRESENTS its own unique set of challenges when it comes to the safety and security of your vehicle's occupants, as well as the protection and maintenance of the vehicle itself. And because weather conditions can shift suddenly in wintertime, being prepared is paramount.

As for winterizing your vehicle, the most important thing is regular maintenance year-round, says Peter Kreis, vice president of operations and automotive at CAA Saskatchewan. "If you follow your owner's manual regularly, you need not worry about the seasons. And if you haven't had the car checked out thoroughly by a mechanic in a year or more, go do it!"

How you prepare for winter depends on your driving habits and weather conditions. If you hardly leave the city, you won't need to plan the same way as someone who drives 1,000 kilometres through wilderness. But either way, don't allow winter to catch you by surprise.

PRE-WINTER PREP

Ensure that your vehicle is in top shape and will make it through the winter without leaving you stranded.

"Have your mechanic put your vehicle up on the hoist, pull the wheels off and check the brakes, suspension, belts, hoses, fluids," says Kreis. "You want to catch problems now because components, as they wear, become more brittle when the mercury drops."

Mechanics at the CAA Saskatchewan-owned Car Care Centre in Regina and the designated technicians of CAA's Approved Auto Repair Services™ (AARS) program can provide you with an unbiased evaluation of the condition of your vehicle, as well as recommendations on necessary repairs. The premium-quality service by these certified mechanics includes a 100-plus-points inspection and a thorough, accurate and objective report.

WHAT TO WATCH FOR

A regular visual once-over is one of the best ways to catch an issue before it becomes a problem—you can actually do this every day before you drive out. This is important year-round and even more so in winter.

"Keep your eyes open for little things, like a leak on the driveway when you're pulling out," says Kreis. "It's the same thing with tires. When you walk up to the car, be mindful of whether one tire looks low in pressure compared to the other tires. Look for any kind of cracking or cuts that can often happen from sidewall damage due to potholes."

It's a good idea to change your wipers once a year. That way, you won't have to deal with a sudden malfunction at an inopportune time. If you regularly drive in extreme ice-and-snow conditions, consider winter wipers, which are made with sturdier frames and thicker rubber.

Check fluid levels at least every two months, year-round, and have on hand a bottle of windshield cleaner rated for extreme cold.



“ Winter tires yield up to 50 percent better traction in snow-and-ice conditions



TIRE CARE

Because tires lose about one psi of pressure for every 5°C drop, make it a habit to measure pressure frequently—including the spare tire. Be careful not to over- or underinflate, which can cause premature wear and negatively impact performance.

Winter tires yield up to 50 percent better traction in snow-and-ice conditions. Look for the three-peak mountain snowflake (3PMSF) symbol on the sidewall indicating the tire passed specific medium-packed-snow testing standards.

When considering what tires to buy, make sure the load and speed rating matches the manufacturer's specs. "Never go under that. You can go above, but you can't go below," says Kreis. "It's especially important with an EV." Electric vehicles tend to be much heavier and produce instant torque, so the rubber has to be able to meet tougher demands.

BATTERY CARE

Have your battery checked to ensure it's operating at full capacity, especially if it's more than three years old. When the temperature is below approximately -15°C, battery voltage drops significantly. If your local temperature is regularly below -15°C or thereabouts, consider a block heater. It will warm the engine and oil, so the battery doesn't have to work as hard at start-up. (If you already have a block heater, make sure the cord is in good shape and, while in storage over the summer, hasn't been chewed by rodents.)

An EV's battery pack exhibits similar decreases in output in cold environments (for more information on this, see page 37). When the vehicle is plugged in, activating the preconditioning function (if available) heats the battery, allowing it to operate more efficiently, and results in decreased range loss. This preconditioning will also bring the vehicle's interior to a comfortable temperature and result in less strain on the battery.



Emergency Safety Kits
Browse emergency kits and other safety supplies and accessories at caask.ca/shop. CAA Members receive additional savings on all items online and at our CAA Stores.

SAFETY ON BOARD

Being ready for any scenario is critical. "Stocking your vehicle with winter gear and essentials goes a long way in ensuring that no matter what you encounter, you are prepared," says Christine Niemczyk, director, corporate communications and public relations, CAA Saskatchewan. Be sure to pack a CAA Roadside Safety kit, available at all CAA stores and online."

Here's what you'll need in your roadside safety kit:

Basic items

- snow brush, ice scraper and shovel
- vehicle owner's manual
- CAA Membership Card for Roadside Assistance information
- cables and/or booster pack

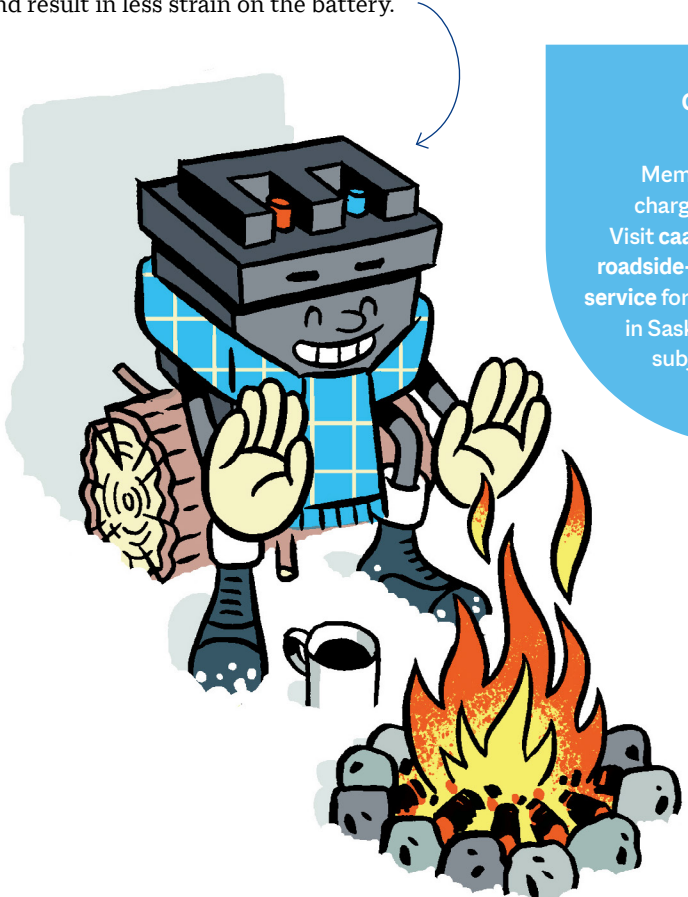
Emergency essentials

- first aid kit
- lighter and/or matches
- pencil and notebook
- flashlight with extra batteries
- drinking water and food (protein bars, etc.)
- flares, warning triangles or reflectors
- mobile phone, power bank and cords for charging phone
- blankets, boots, hats, mittens (for each passenger)

Learn more at caask.ca/safety. CAA

CAA Battery Service
Members receive no-charge battery testing. Visit caask.ca/automotive/roadside-assistance/battery-service for details. Available only in Saskatoon and Regina, subject to weather conditions.

Keep Your Battery Charged
Charge your battery even when your vehicle is parked, say, for two weeks (while away on vacation) or in long-term storage. With the fully automatic CAA Battery Tender, you can eliminate costly repairs and avoid inconvenient vehicle downtime. This product is perfect for those who drive their vehicle rarely or not at all during the winter months. Available at your nearest CAA Store or CAA Car Care Centre at Regina Battery Depot.



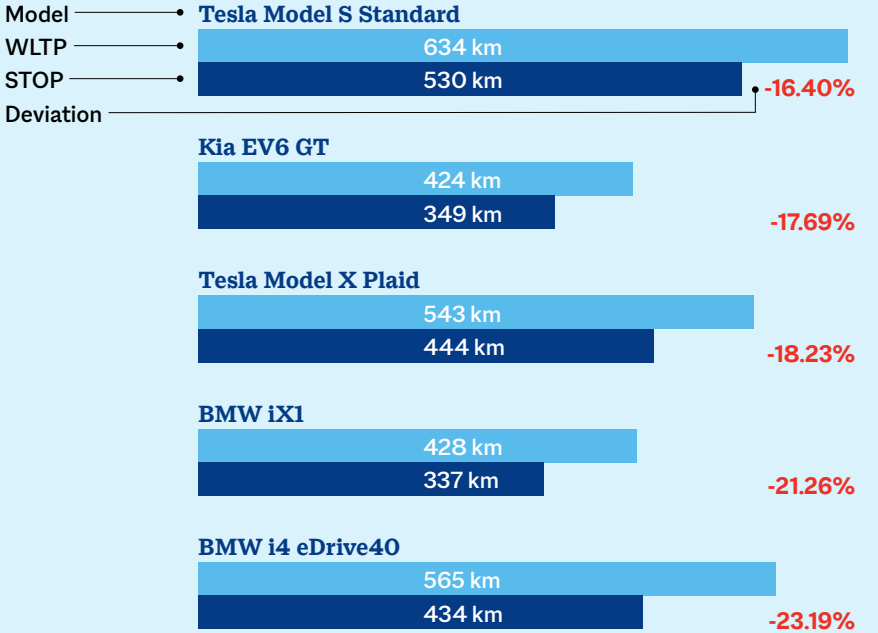
SNOW, ICE AND EVs

Real-world conditions reveal cold facts about EV battery range

Twice a year, the world's largest EV range test is conducted jointly by the Norwegian Automobile Federation (NAF) and the digital automotive *Motor Magazine* (motor.no). Their most recent winter evaluation took place over two days in February 2023 with 29 of the most recent EV models. Each vehicle was driven up to 110 km/h on the same test route—a mix of city, mountain and highway roads. Temperatures ranged between 0°C and -10°C.

None of the vehicles met the advertised range parameters. In Europe, these are determined using the Worldwide Harmonized Light Vehicles Test Procedure (WLTP)—a global standard that measures the levels of pollutants, CO2 emissions and the fuel consumption of traditional and hybrid cars, as well as fully electric vehicles.

In the following chart, STOP indicates the distance each EV travelled before running out of power.



With battery technology continuing to advance, these numbers should continue to improve. However, some range or power loss will always be a given, if you drive in colder regions. Still, EVs have a built-in advantage over gas-powered engines. Even at -50°C, an EV still works. It delivers almost instant heat, and it always works—though you will lose some range.

Want to learn more about EVs?
Visit caask.ca/EVs

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Get this recipe of mine and many more at *World Cuisine*, part of the *Canadian Beef Information Gateway*. Explore my Middle Eastern culinary heritage – with beef. *Tara Omidvar @madeofsugarandsaffron*

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MEMBER REWARDS, OFFERS AND EXCLUSIVE SERVICES

INSIDER



Helping you get ready for winter is a priority for everyone at CAA. On the following pages, you'll find essential advice and reminders to help you prepare on the road, at home and around the world. There are some fun things to do, too. We're Canadian after all, so get out there and enjoy the snow!

WINTER 2023





Four Wheels Good

Tread carefully when it comes to winter-tire preparations | *By Kate Rae*

THERE ARE PLENTY OF CONSIDERATIONS when it comes to safely navigating wintry roads—your vehicle's technology (like AWD and anti-lock brakes), your comfort and skill as a driver, and, of course, winter tires. While there is no legal requirement in Saskatchewan to have winter tires, they are highly recommended.



ALL-SEASON versus WINTER TIRES

Yes, the name “all-season” suggests you can use those tires year-round. But let's be clear. “Winter tires are made from a softer compound that grips the road better once the temperature goes below 7°C,” says Peter Kreis, CAA Saskatchewan's vice president of operations. “The stopping distance and control on ice is another very big difference. All-season tires are made from a harder rubber compound, so they tend to freeze up and go more solid the colder it gets.” Not sure which ones you currently have? Winter tires have the three-peak mountain snowflake symbol on the sidewall, while all-seasons feature M+S, for mud and snow.



BUY SMART

When it comes to researching and buying tires, don't just grab something off an online marketplace. “See a tire shop or somebody who handles tires on a regular basis to guide you in the right direction,” says Kreis. Also consider buying rims for your winter tires to prevent the wear and tear that comes with switching them out.



DON'T WAIT TOO LONG

You should install your snow tires once the temperature is consistently 7°C or colder. “I don't recommend you wait until the first snowfall because that's when everybody wants them done,” Kreis says. You can switch back to your all-seasons in the spring once the weather is above 7°C.



CHECK THE TREADS

Of course, no winter tire is worth its salt if the treads are worn down. Treads should be no less than 2/32 of an inch. You'll find plenty of tips and tricks online about testing the depth with quarters, but to measure accurately, you need a tire depth gauge. Or, the next time you're getting your tires switched out, simply ask the technicians and have them check for any cracks, bald spots and missing chunks, too.

To learn more about winter tires, or to book your tire change at Regina's CAA Car Care Centre at Regina Battery Depot, visit caask.ca/automotive/repairing-maintenance.

PHOTOGRAPH: ARTISTGNDPHOTOGRAPHY/ISTOCK (PREVIOUS PAGE) DENISE MILITZER; ICONS: COURTESY OF THE NOUN PROJECT.

Stay Safe on the Road

Keep this advice top-of-mind before taking to the road this winter

WITH WINTER AROUND THE CORNER, now is the time to prepare your vehicle for the colder weather ahead. Here are some top tips to help you stay safe on the road, no matter what Mother Nature throws your way.



TUNE UP YOUR VEHICLE

Don't wait for a foot of snow to switch your tires—once the temperature is consistently below 7°C, it's time to get those winter tires on. Also check the battery, wipers and fluids. If your battery is more than three to five years old, this is especially important, since it could be nearing its end-of-life.

“If your vehicle struggled to start or ran rough in the previous winter season and you didn't have it checked out, you should get that done immediately,” says Peter Kreis, VP Operations with CAA Saskatchewan. “If you think something isn't right—funny noises, whining, thuds—chances are very good the cold weather will exacerbate the problem into a potential breakdown.”



CHECK ROAD CONDITIONS

Before heading out, ensure you have the most up-to-date information on road conditions. The Saskatchewan Highway Hotline offers a handy online map, including information on closures and construction.

Slow down during inclement weather, and build more time into your plans if you don't like being late. Never pass a snow plow, and slow down and move over for all first responders and construction crews working on our highways. (For more information, please see “Making Way for Safety” on page 47.)



PRACTISE DEFENSIVE DRIVING

If you start skidding, don't pump the brake. Keep steady pressure on the brake and steer the car to keep it straight. If visibility is reduced due to blowing snow, slow your vehicle and turn on your four-way flashers.

“If you can't see the edge of the road, it's time to find a safe place to pull over and wait it out,” says Kreis.



BE PREPARED FOR EMERGENCIES

Keep a roadside safety kit in your vehicle for unexpected emergencies—extra outdoor clothing, non-perishable food, drinking water, a flashlight, a small shovel and booster cables. Roadside safety kits are available at all CAA Stores and online at caask.ca/shop.

If you become stranded while waiting for help to arrive from CAA Roadside Assistance or from family or friends, ensure your vehicle is out of harm's way. If you run your vehicle to stay warm, make sure you can keep the exhaust pipe clear.

It's a good idea to keep a minimum of half tank or full tank of fuel when driving in the winter. You'll ward off running empty and the fuel will provide added weight to your vehicle for increased driving stability.

To learn more, visit caask.ca/safety

ICONS: COURTESY OF THE NOUN PROJECT

Putting the Value in a CAA Value Membership

Thinking about your next big-ticket item—a trip or a new home? CAA has a membership called Value, which is great for travellers with its discount on travel insurance and, for homeowners or those purchasing a home, a discount on home insurance.

The Value Membership option—ideal for those who want to enjoy all the benefits of a CAA Membership without having to pay for roadside assistance.

Priced at only \$10 per year, a CAA Value Membership provides access to benefits, special deals and partner discounts—saving you hundreds of dollars.

This includes access to the CAA Rewards® program, which offers Members the chance to earn CAA Dollars® that can be redeemed for membership renewals, travel and more.

The program also offers Member-exclusive deals and discounts at more than 164,000 CAA Rewards® partners—including retailers, restaurants, hotels, entertainment complexes and travel agencies—in Canada and around the world.

Visit caask.ca/membership/plans to learn more.



Volts, Not Jolts

Ensure that your vehicle's battery is winter-ready

YOU TURN YOUR CAR'S IGNITION ON and nothing happens. Is there a worse feeling, especially in winter? In general, a vehicle's battery has a lifespan of three to five years. And that can get shorter in colder climates. Here's what you can do to prepare your battery for winter and avoid any unwanted surprises.

Use a block heater Chances are you're already using a block heater if you live in Saskatchewan. A block heater is a small unit installed on the block of the engine, which heats it. "It's actually unusual for us to see a vehicle that doesn't have a cord hanging out of it," says Peter Kreis, CAA Saskatchewan's vice president of operations. "Once the temperature hits, say, minus-15°C, it doesn't hurt to plug it in, especially with an older vehicle."

Try a battery maintainer If you drive less in winter or will be away for an extended period, consider using a battery maintainer, also known as a tender. "A battery tender is something you can attach to your battery

that provides a low-voltage charge to keep your battery charged up when you're not using it," explains Kreis.

Take a listen Pay attention to the sound your vehicle makes when you start it up. If it sounds different than usual—say, with a slower whirring—get it checked, advises Kreis. Notice a dimming of your dash lights or the fan has slowed down a bit? "It's probably a good idea to go and get your battery and charge system checked," he says.

Keep it clean If you're comfortable doing so, pop the hood and examine the battery. You may notice some white powdery buildup on the terminal posts. It can be

cleaned off, notes Kreis. "That's just the discharge from the battery itself; it's not acid." And while you're there, check to see if your cables are loose. "It's easy enough to just tighten them up."

Ask a pro The next time you bring your vehicle in for an oil change or servicing, have your mechanic do a load test on the battery. "You'll know exactly what your battery condition is and if you can anticipate any issues," says Kreis.

Visit caask.ca/automotive/roadside-assistance/battery-service to learn more.

CAA Mobile Battery Service is available in Regina and Saskatoon (Note: it is not available 24 hours a day). To request assistance, call 1-800-222-4357, go online at caask.ca/automotive or use the CAA Mobile App™



Take Care Out There

'Tis the season to be extra mindful of road safety | *By Benjamin Yong*

AS THE DAYLIGHT HOURS LESSEN throughout the winter, so too does visibility, particularly with the onset of snow. Whether you're a pedestrian or driver, don't forget road safety is a shared responsibility.

Remove distractions

- Pedestrians, even if the street ahead seems quiet, be alert, put your phone and gaming devices away and avoid distracted walking.
- Drivers, eliminate all distractions, including the use of mobile phones, drinking beverages, putting on make up, loud music and long conversations with passengers.

Keep an eye out

- Always make eye contact with other road users, notably at crosswalks. And pedestrians should use the STOP, LOOK, THINK, LISTEN rule of thumb.
- Drivers must yield to pedestrians at marked crosswalks and are required to come to a complete stop at red lights and stop signs.

Be seen

- Pedestrians should wear bright, reflective overwear to be spotted easily.
- Drivers should familiarize themselves with their vehicle's features and settings to avoid becoming a "phantom vehicle"—an automobile being operated in the dark or low-light conditions without the proper exterior lighting activated. Be mindful of the following:
 - Automatic headlights only work if you set them on 'automatic.'
 - A bright dashboard doesn't always mean that your headlights and tail lights are on.
 - Daytime running lights don't give you enough light to drive safely in the dark or in bad weather.

Let's stay safe out there this winter. For more information, visit caask.ca/advocacy-safety

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PHOTOGRAPHS: (THIS PAGE) CASARSA/ISTOCK, (OPPOSITE PAGE) NATALIA KOKHANOVA/ISTOCK



Are you and your vehicle winter ready?

Driving in the winter can cause anxiety and worry. CAA's here to help you drive safer and smarter. We have safety advice for drivers of all ages and smart information to winterize your vehicle.

Learn more at caask.ca/safety

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Home and Away

Advice for a safe home during the holidays—whether you're there or not | *By Edward Kay*

YOU WANT TO ENSURE THAT your house and your belongings are safe and secure, whether you're home or away for the holiday season. The following advice can help safeguard where you live and its contents, as well as yourself.

AWAY FOR THE HOLIDAYS

When travelling, suspend newspaper delivery and other subscriptions and have someone pick up your mail or arrange for Canada Post to hold it until you return. Check that doors and windows are locked. Invest in security bars for sliding doors and even for basement windows. Keep curtains open just enough to make your home look like it's occupied and consider using timers to turn your lights on and off.

Hire a snow removal service or ask a neighbour to shovel snow around your driveway and sidewalks.

Be discreet about your social media postings. Don't use the "public" audience setting and, if possible, avoid posting vacation photos until you're back home.

In cold climates, burglars aren't the only threat. Turn off your water supply and drain water lines and toilet tanks before you leave.

HOME FOR THE HOLIDAYS

Even if you decide on a staycation, it's important to protect your home and belongings.

On shopping trips, don't entice smash-and-grab thieves by leaving unattended purchases visible in your car.

Online shopping has given rise to a new wave of thief—the not-so-swashbuckling porch pirate. Install a visible surveillance camera or have shippers send your packages to a local post office or pickup point. And wait until recycling day to take out boxes from any expensive gifts or purchases, so you don't tempt potential burglars.

UPDATE YOUR INSURANCE POLICY

Protect your assets by making sure your home insurance is up to date. Advise your broker of major new purchases or home renovations. CAA Home Insurance has a downloadable Property Checklist to help you create an inventory of personal belongings and their replacement value. Keeping this list up to date will help you quickly settle your claim should you ever need to submit one. And if you receive any expensive gifts over the holidays, add them to that list.

Learn more at caask.ca/insurance.

PHOTOGRAPH: KENWIEDEMANN/ISTOCK

Home Winterization Checklist

WHETHER YOU'RE PLANNING to stay home this winter or escape for a few weeks—or a few months—here's how to winterize your house for the cold weather ahead.



PREP YOUR PROPERTY FOR WINTER WEATHER

Inspect the exterior Check the door and window frames for damaged or missing caulking and make any necessary repairs. Also inspect the roof and replace any damaged or missing shingles.

Seal any holes Block any holes that rodents and other undesirable critters might crawl into—don't forget to check your chimney.

Tidy up Clean the eavestroughs so melting snow drains properly in the spring. Trim any tree branches hanging over your home that could cause damage in winter by dumping extra snow and ice on the roof.

PREP YOUR PROPERTY FOR WHEN YOU'RE AWAY

Before you leave Suspend newspaper delivery and arrange for someone to pick up your mail. Set timers to turn lights—and possibly the TV or radio—on and off, so your home won't appear empty. Also check to make sure your home insurance won't expire while you're away.

On your way out Ensure all doors and windows are locked, vehicle doors are locked, and the water is turned off. Leave blinds or curtains in a normal position—don't close them completely.

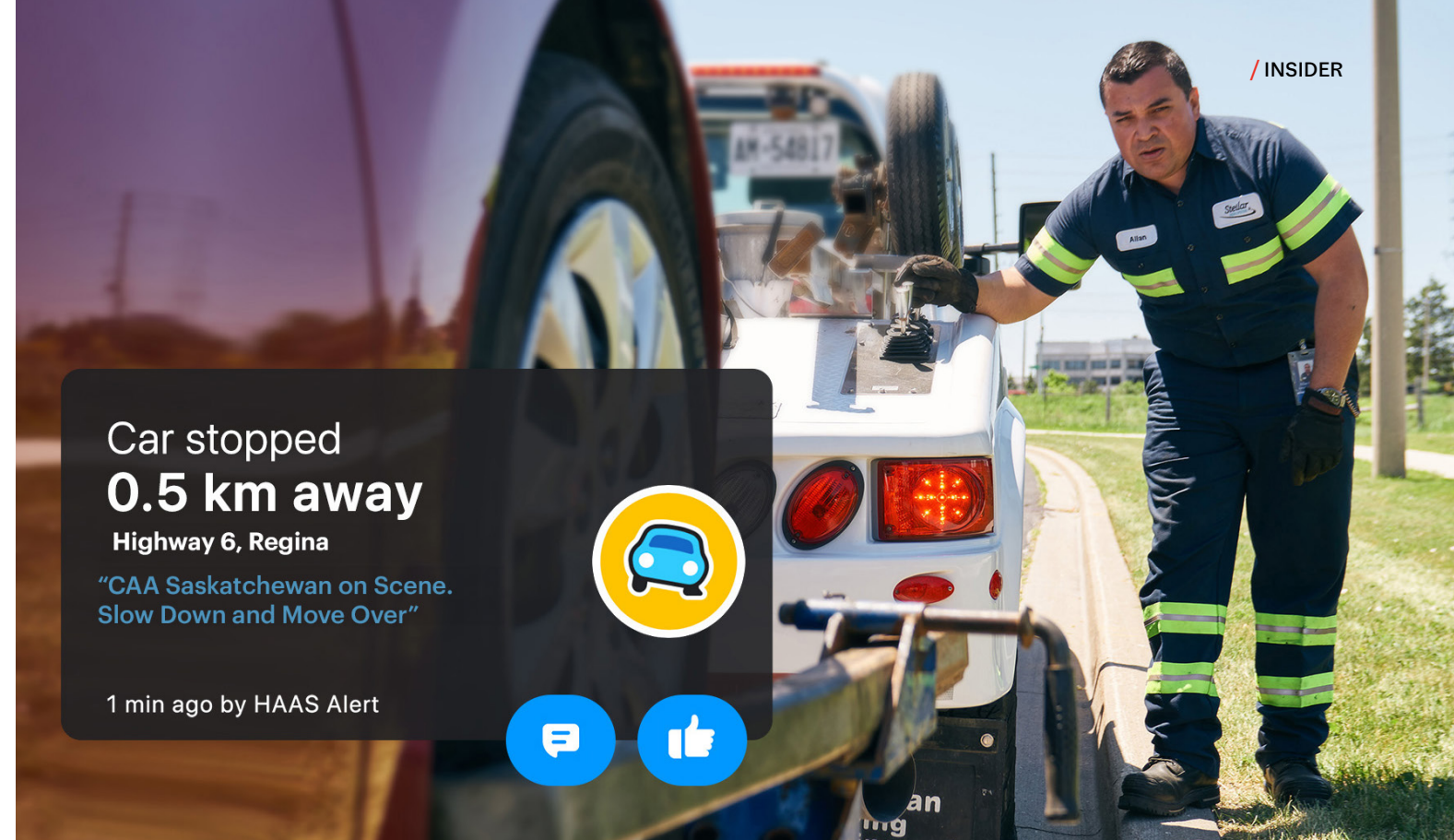
While you're away Have a trusted neighbour check on your home regularly to look for any signs of damage, ensure pipes aren't frozen and shovel snow around your driveway and sidewalks.

MAKE SURE YOU'RE COVERED

Home insurance Before you travel, check your home insurance policy. Most policies state that your home must be checked regularly if it's left unoccupied for a certain period of time (check your policy). In winter, the policy may stipulate that your water is turned off during this time.

Travel insurance For those heading out of the country, travel insurance can help to protect you against the cost of medical emergencies, trip cancellation or interruptions, and baggage loss. Even if you're just travelling out of province, travel insurance can protect against the costs of medical emergencies not covered by provincial health care.

Learn more at caask.ca/insurance

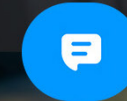


Car stopped
0.5 km away

Highway 6, Regina

"CAA Saskatchewan on Scene. Slow Down and Move Over"

1 min ago by HAAS Alert



Making Way for Safety

The HAAS Alert Safety Cloud system for Regina Fleet makes winter roads safer for motorists and tow-truck operators | *By Edward Kay*

AS SASKATCHEWAN MOTORISTS are all too aware, inclement weather over long Prairie winters leads to an increase in car accidents and roadside assistance calls. According to Saskatchewan Government Insurance, the majority of automobile collisions in the province typically occur over five months—from November through March. These vehicle accidents increase the risk of danger, not just for motorists, but also for first responders, like police, paramedics, firefighters and tow truck operators who come to their aid.

For emergency vehicles, winter delivers a double whammy. Ice, snow and slush—factors that contribute to many of the accidents and breakdowns that they're responding to—make it harder for other vehicles to slow down and give them space to safely go about their work. Necessary stopping distances can also more than double, so drivers travelling at high speeds might not be able to react in time to safely avoid first responders.

Unfortunately, every year across North America, nearly 100 tow truck operators die after being struck and killed by drivers whose vehicles failed to slow down and give them room to do their jobs.

That's why the CAA has long encouraged drivers to "Slow Down, Move Over" when passing first responders, including tow truck operators, on the roadside. But slowing down is not

just a smart idea. It's the law. In Saskatchewan, when approaching tow trucks, police or firefighters, or emergency medical services personnel stopped on the highway with emergency lights flashing, motorists must slow to 60 km/hour, unless they're on the opposite side of a divided highway. The same law applies for highway work zones and construction crews.

Being aware of emergency vehicles, snow plows and construction zones is more challenging during winter, when blowing snow, slush, whiteouts, fog, gas-exhaust clouds, frosted windows and darkness from shorter days all make it harder for motorists to monitor road hazards.

So, to reduce the risk of collisions between motorists and first responders, CAA Saskatchewan has implemented the Safety Cloud® HAAS Alert system for its Regina Fleet. When a CAA tow truck is providing roadside assistance, the system will send a warning to users of popular traffic apps such as Waze and to the navigation systems in vehicles manufactured by the Stellantis Group, which includes Dodge, Chrysler, Jeep, RAM and Fiat. Drivers will receive the alert "CAA Saskatchewan On Scene Slow Down and Move Over," giving them more time to reduce speed, keeping them—and first responders—safe.

Learn more at caask.ca/about-caa/advocacy-safety/driver-safety

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The Fight for Flights

How Regina's airport stands up to winter storms | *By Briony Smith*



THERE'S VERY LITTLE WORSE than inclement weather stalling flight plans. Winter-storm delays may feel chaotic, but, in fact, there's a lot going on behind the scenes at the airport to ensure travellers get on their way. Justin Reves, director of customer experience at the Regina Airport Authority, offers a glimpse of how their staff keep trips running as smoothly as possible, even when Mother Nature has other winter plans.

ACE THE PRE-GAME

Reves knows that, here in Saskatchewan, challenging winter weather is a guarantee. "That's why we have a dedicated winter maintenance plan that outlines exactly how we are going to do that snow and ice removal in coordination with numerous agencies around the airport," he says.

POWER UP THE STAFF

The airport hires additional seasonal equipment operators between November and April and moves to a 24-hour, around-the-clock shift schedule, to be ready for the winter weather.

PROTECT THE SURFACES

Keeping the runways clear is paramount. "As the airport authority in Regina, we are responsible for ensuring runways are cleared for takeoffs and landings, taxiways and aprons are clear to allow planes and equipment to move freely, and the roads and sidewalks are clear, so passengers can get to and from the airport safely," says Reves.

KEEP THE KIDS HAPPY

Airport staff are always ready to go the extra mile to keep folks smiling—especially the little ones. Last year, during some tough winter weather that was causing long delays, Reves' team grabbed toys and games from a local store and handed them out to all the children they could find to help pass the time and keep everyone a little calmer.

PHOTOGRAPH: KARIM BALAA/UNSPLASH

3 WINTER TRAVEL TIPS

1 Want a little extra support during your winter travels? Book through CAA and keep their contact information on you for your entire trip. "Your trusted CAA Travel Consultant is with you from the moment you contact us until the moment you have returned to your home. We are truly with you all the way," says Terry Kaszas, general manager of travel services at CAA Saskatchewan. "We will be there through the thick and thin of it all to ensure that everything runs smoothly for you whether it's a very short trip or a more lengthy vacation." Visit caask.ca/travel for details.

2 The Air Passenger Rights (APR) can offer you some coverage if you experience a flight delay. If your travel plans get derailed, speak with the representative at the airport to see where everything stands at that moment, says Christine Niemczyk, director of corporate communications at CAA Saskatchewan. Then provide that information to your CAA Travel Consultant. "They will be able to help you with everything you need to do to ensure you are looked after." Learn more at caask.ca/airpassengerrights.

3 Extra time is your friend! Whenever possible, give yourself a buffer during the winter travel season. "Plan for some delays, so you're not stressed if you miss a connection. As well, come early to the airport and give yourself as much time as you can, so you aren't feeling rushed," Reves says.

UPCOMING 2024 Adventures

Pharaohs and Pyramids of Egypt with Nile Cruise | March 01- March 16

Unlock the mysteries of ancient Egypt on our Pharaohs and Pyramids tour. Cruise the legendary Nile River, exploring historic temples and tombs. Discover the secrets of the pyramids and immerse yourself in the rich culture of Egypt. Join us for an unforgettable journey through time and history.



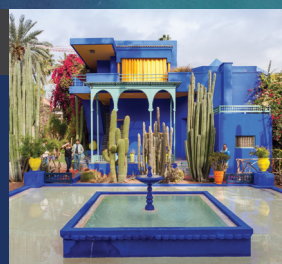
Victoria in the Spring | April 22 - May 04

Experience the vibrant beauty of Victoria in the spring. Immerse yourself in lush gardens, where colorful blooms come to life. Discover the enchantment of Butchart Gardens, explore the historic charm of Victoria's Inner Harbour, and savour delectable cuisine. Join us for a springtime escape to remember.



Women Xplorers Morocco | April 22 - May 05

Embark on an enchanting journey through Morocco. Xplore the exotic allure of bustling markets, venture into the timeless Sahara Desert on a camelback adventure, and discover the ancient Kasbahs. Immerse yourself in Morocco's rich culture, savour local flavors, and create lasting memories.



Alaska & the Yukon Southbound Cruise Tour | June 09- 28

Experience the awe-inspiring serenity of the northern wilderness, where rugged landscapes and breathtaking views await your every turn during a 12-night coach tour. Set sail along Alaska's coastlines, from Seward to Vancouver. Witness glaciers, charming coastal towns, and the Inside Passage's beauty.



Northern Lakes of Italy & Eastern Mediterranean Cruise | June 14 - 29

Explore charming towns, savour exquisite cuisine, and enjoy serene views of the Northern Lakes. Immerse yourself in Italy's rich history and culture before an unforgettable 7-night cruise through the picturesque Eastern Mediterranean. Visit beautiful ports of calls in Greece, Montenegro, and Croatia!



Together for Tunes and Touchdowns

Teaming up to enjoy sports and country-music vacations | *By Lisa van de Geyn*

IF YOUR DREAM TRAVEL ADVENTURE includes fiddles and first downs—you're not alone. And, in this case, the more the merrier.

"Travelling with a group for a themed vacation is always a great idea," says Terry Kaszas, CAA Saskatchewan's general manager of travel services. "You get to meet people who have

the same interests as you while you're visiting destinations around the world."

So, whether you're a diehard sports buff or your playlists are full of country music's catchy riffs—or you're into sports and country music—there are curated vacations coming this winter for folks to travel with friends, old and new.



Trip 1: Ultimate Sports Trip

WHEN: December 5–12, 2023
WHERE: Miami, Florida

Details: Sports fans, unite! The second annual Ultimate Sports Trip is hosted by Kaszas and SportsCage's Michael Ball. Fly to Miami with your fellow aficionados and experience all that Deerfield Beach (north of the sunny city) has to offer. The Comfort Inn Oceanside is where you'll spend the week—it's a short block from the beach and the boardwalk, and the perfect place to recharge before winter arrives. Not only will you watch slapshots at FLA Live Arena, where the NHL's Florida Panthers will play the Dallas Stars and the Pittsburgh Penguins, but you'll also get caught up in the atmosphere at Hard Rock Stadium when the NFL's Miami Dolphins take on the Tennessee Titans.

What the price includes: Round-trip airfare, accommodations; transportation to and from the airport and games, as well as daily breakfast, and game tickets. Plus three pro-sports games and box seating at one hockey game, which includes food and beverages.



Trip 2: Football Fan Trip

WHEN: January 27–February 3, 2024; and January 27–February 10, 2024
WHERE: Cancún, Mexico

Details: Book the Football Fan Trip if your weekends revolve around watching the teams that make up the Canadian Football League (CFL) vie for the coveted Grey Cup. Travel to the Riu Cancun in Mexico, bask in the sun and participate in a plethora of football-themed activities with special guests, players from various teams in the league. "There are flag football games on the beach, Q&As, CFL bingo, a touchdown party and other fun events. There will also be a VIP package that can be purchased for an exclusive activity with players," says Kaszas.

What the price includes: Round-trip airfare, transportation to and from the airport, accommodations and all meals and drinks.



Trip 3: Kickin' It Country

(powered by WestWorld Tours)
WHEN: January 14–January 21, 2024; and January 14–28, 2024
WHERE: Puerto Vallarta, Mexico

Details: If you're a little bit country (and even a little bit rock 'n' roll), you won't want to miss seven (or 14) nights in paradise with a couple of Canada's coolest country bands. "This trip is for country-music fans who want concerts down on the beach. It's a fantastic experience," says Kaszas. When you're not lounging by the Pacific, getting a massage or partaking in pool parties at the Grand Palladium Vallarta Resort & Spa, you'll be enjoying four private performances by Petric (a trio of musicians from Winnipeg) and singer Tebey (from Peterborough, Ont.), as well as meet-and-greets and other activities with the bands.

What the price includes: Roundtrip airfare, transportation to and from the airport, accommodations, and all meals and drinks.

Get in touch with a CAA agent or visit caask.ca/travel to book.

PHOTOGRAPHS: (FROM LEFT) FELIXMIZOZNIKOV/ISTOCK; DAN DALTON/ISTOCK; MUHAMMADH SAAMY/UNSPASH

Insuring the Best Trip

What travel insurance is right for you? | *By Edward Kay*

NOBODY WANTS TO THINK ABOUT accidents, illness or other unpleasant disruptions while they're on vacation or travelling on business. Unfortunately, these things can happen. But when you are away from home, having the right insurance coverage gives you the peace of mind to focus on the pleasures of travel.

To help you decide which CAA travel insurance best covers your needs, consider these questions.

**EMERGENCY
MEDICAL**

- **Is emergency medical coverage your main concern?** If so, CAA's Emergency Medical plans provide up to \$5 million for out-of-province emergency medical expenses, such as hospital accommodations, lab tests, X-rays, nursing and ground ambulance. The plans also cover emergency dental expenses, medical repatriation, medical follow-up in Canada, as well as reimbursements and assistance for vision care and hearing aids. They even cover pet care and kenneling when you're unable to look after your furry, feathery or scaly family members.
- **Do you need coverage for just one trip?** Then CAA's Single Trip Plan is the most suitable option.
- **Will you do a lot of travelling this year?** The Multi-Trip Plan offers annual coverage for multiple trips. You can choose from four-, eight-, 15-, 30- or 60-day trips.

<p>TRIP CANCELLATION AND INTERRUPTION PLANS</p>	<p>DELUXE HOLIDAY</p>	<p>TOP-UP AND EXTENSION PLANS</p>	<p>VISITORS TO CANADA</p>
<p>Do you already have medical insurance but want coverage if events such as a family illness, bad weather or other emergencies force you to cancel or change your travel plans? If that's the case, CAA Trip Cancellation and Interruption insurance covers you for travel expenses as well as costs associated with lost or delayed luggage.</p>	<p>Are you looking for coverage for medical emergencies as well as trip cancellation and interruptions? Then the Deluxe Holiday plan is your best option, providing you with the same coverage as the Emergency Medical plan along with the benefits of the Trip Cancellation and Interruption plan.</p>	<p>Do you already have travel insurance through another source and just need additional coverage? CAA has top-up and extension plans to increase and extend your coverage.</p>	<p>Are you visiting Canada or want to get coverage for visiting family members? Have you recently moved to Saskatchewan from outside the country and are not yet eligible for provincial health coverage? CAA's Visitors to Canada plan provides emergency medical coverage.</p>

By choosing the coverage that suits you best, you can relax and enjoy your journey, knowing that CAA has got your back.

Visit caask.ca/insurance/travel-insurance to learn more.

Winter Wonders

Saskatchewaner Andrew Hiltz shares his top five destinations for the season | *By Briory Smith*

EVERY WINTER, his father would turn their backyard into a tiny hockey rink, Andrew Hiltz recalls. "That really made me love winter," Hiltz says. "When the snow fell, that meant hockey season was here—in the backyard, with family. It was really special." His love of winter fun has since spread far beyond his family's backyard.

Hiltz now works for Tourism Saskatchewan as the current Saskatchewaner and expert in all things Saskatchewan travel, especially when it comes to winter wonderland escapes. Here, he takes a break, long enough to share his top spots to visit this winter.



FOR RESORT FUN: Elkridge Resort, northern Saskatchewan

"In the heart of the boreal forest, right on the edge of the national park, there's literally a winter wonderland," Hiltz says. "For anyone who hasn't experienced a true winter holiday in Saskatchewan, this is it." Whether you're a cross-country skier or snowshoer, or you simply just love winter hiking, there are so many breathtaking options right on-site, according to Hiltz. The lodge has beautiful views of the lake, which the resort turns into a giant skating oval with two hockey rinks and free equipment rental. They even have their own toboggan hill and outdoor curling rink.



FOR SNOWSHOEING: Cypress Hills Interprovincial Park, southwest Saskatchewan

"It's a shock when you pull into the park because you're driving in the flatlands of southern Saskatchewan, and then, out of nowhere, there are these lodgepole pines, and one of the highest elevation points outside of the Rockies." The park boasts breathtaking views and big hills and is perfect for folks and families looking for a winter-cabin stay. Hiltz's "must" activity? Snowshoeing. The lodgepole pines and the hills—easily surmounted in your snowshoes, he says—combine to create spectacular vistas.



FOR SNOWMOBILING: Hudson Bay, Northeast Saskatchewan

Nestled between two provincial parks, this area features an incredible system of trails called "1,000 Miles of Snow Trail," which connects many communities. "So, there's plenty of warm-up shacks," Hiltz says. It's well set up for those who want to experience Saskatchewan on a snowmobile, including families. The Railway Ave. Pub, one of the most unique restaurants in Canada, was established in an old hardware store and is filled with cool antique railway signs and stoplights. It's the perfect place to pull up your snowmobile and get a burger and beer after a long day on the trails.



FOR CROSS-COUNTRY SKIING: Duck Mountain Provincial Park, eastern Saskatchewan

This is a bucket-list spot for many cross-country skiers and snowmobilers. The park has a vast network of trails plus some warm-up shacks for overnight stays. Available via Madge Lake Developments are upscale cozy townhouse and cabin rentals, replete with fireplaces.



FOR SOAKING UP SOME CULTURE: Wanuskewin Heritage Park, central Saskatchewan

This sacred spot is on its way to becoming the first UNESCO World Heritage site in the province. "It's been a gathering place for all nations of the Northern Plains Indigenous people for more than 6,400 years," Hiltz explains. "And it's the longest-running archaeological dig site in Canada." There's a ton to do here, whether it's viewing historical exhibits about the Northern Plains history or exploring a local gallery with an ever-changing roster of emerging Indigenous artists. Winter is an especially great time to visit, as guided snowshoe walks with park interpreters are available to guests interested in the historical significance of the valley.

PHOTOGRAPHS: (FROM TOP) COURTESY OF ELKRIDGE RESORT; ASHLYN GEORGE/COURTESY OF TOURISM SASKATCHEWAN; COURTESY OF THE TOWN OF HUDSON BAY; GREG HUSZAR/COURTESY OF TOURISM SASKATCHEWAN; COURTESY OF WANUSKEWIN

Science Fare

Filiz Koksel's innovative research on plant-based meat alternatives addresses the twin challenges of climate change and food insecurity

By Truc Nguyen | Photograph by Thomas Fricke

FILIZ KOKSEL LOVES playing with food. The bubbles in bread dough, puffed snacks and breakfast cereals have occupied her scientific attention for years. "I'm fascinated by how bubbles change their shape and size and, at the end, contribute substantially to the end-product quality."

But it's not all fun and games for this Turkish-Canadian food scientist, researcher and associate professor at the University of Manitoba. Currently, she's investigating how extrusion technology—the kind used in the manufacture of many processed foods—can be utilized to make plant protein-enriched snacks, cereals and plant-based meat alternatives.

It's a timely topic. Koksel understands that a rapidly growing world population requires a shift away from animal protein consumption to protein derived from plants. "Plant-based food products have lower carbon and water footprints," Koksel points out.

Her research team is working on projects related to plant-based meat alternatives and how to add value to industry by-products, such as the spent grain left over from beer-making. One study investigates how extrusion technology can be used to make texturized vegetable proteins to replace, partially, the meat in common foods.

Koksel's next mission: preparing a new generation of food scientists for careers in Canada's food industry and readying them to meet the challenges of the future. "The next generation of food scientists will make more plant-based alternatives accessible to Canadians, for better health and a better environment," Koksel says. **CAA**



Where nature is unspoiled, the wildlife unfettered, the winter and summer activities are *endless*.



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Nightlight.

Aurora Village Yellowknife, Northwest Territories

Natural, magical, spectacular! See the Aurora Borealis dance above the pristine northern wilderness at Aurora Village. Catch every moment in comfort in custom-made, heated outdoor 360-degree swivel seats inspired by traditional sleighs; marvel at the lights in seclusion or join new friends around the wood fire in a teepee; feast on an Aurora dinner of bison stew and bannock.

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