

CAA

SASKATCHEWAN MAGAZINE

 FALL 2022

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AUSSIE ADVENTURES
SNOWBIRDING TIPS

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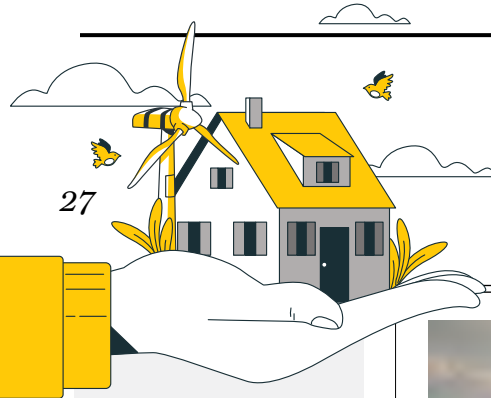
Fall 2022



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THANK YOU, MEMBERS!

CAA earns the top spot as Canada's most trusted brand

EARLIER THIS YEAR, CAA was named the most trusted brand in Canada in the annual *Gustavson Brand Trust Index*.

The index ranks consumer trust, factors affecting it and the brands excelling at it. Established in 2015 by the University of Victoria's Gustavson School of Business, the research examines the role of trust when it comes to consumer purchasing decisions. The index highlights how shared values, relationship management and customer experience influence consumer trust. It also measures the relationships between brand performance, social equity, trust and advocacy for brands in Canada.

This is the third consecutive year that CAA has been named the most trusted brand in Canada, beating out several hundred other prominent Canadian and international brands. Further, CAA finished first for the fifth year in a row in the insurance category.

"This honour recognizes the hard work and effort of our associates across the country, who put our 6.5 million Members first," says Tim Shearman, president and CEO of CAA National. And I couldn't agree more.

At CAA Saskatchewan, we proudly serve our approximately 184,000 Members who trust us with their travel, automotive, roadside assistance and insurance needs. Add to that the many savings and benefits offered by your CAA membership.

We've been active in communities across Canada, including right here in Saskatchewan, for more than a century. In addition to our services, we also advocate on behalf of our Members—and the travelling public in general—on issues ranging from road safety to consumer protection.

We couldn't have received this distinguished honour without you, our valued Members. And for that, I along with our board of directors, management and staff of CAA Saskatchewan sincerely thank you for your trust as we continue to work with you and for you, 365 days a year.

Brian L. Barber
Chair
CAA Saskatchewan Board of Directors



CAA

SASKATCHEWAN MAGAZINE

FALL 2022

Volume 48, Number 3

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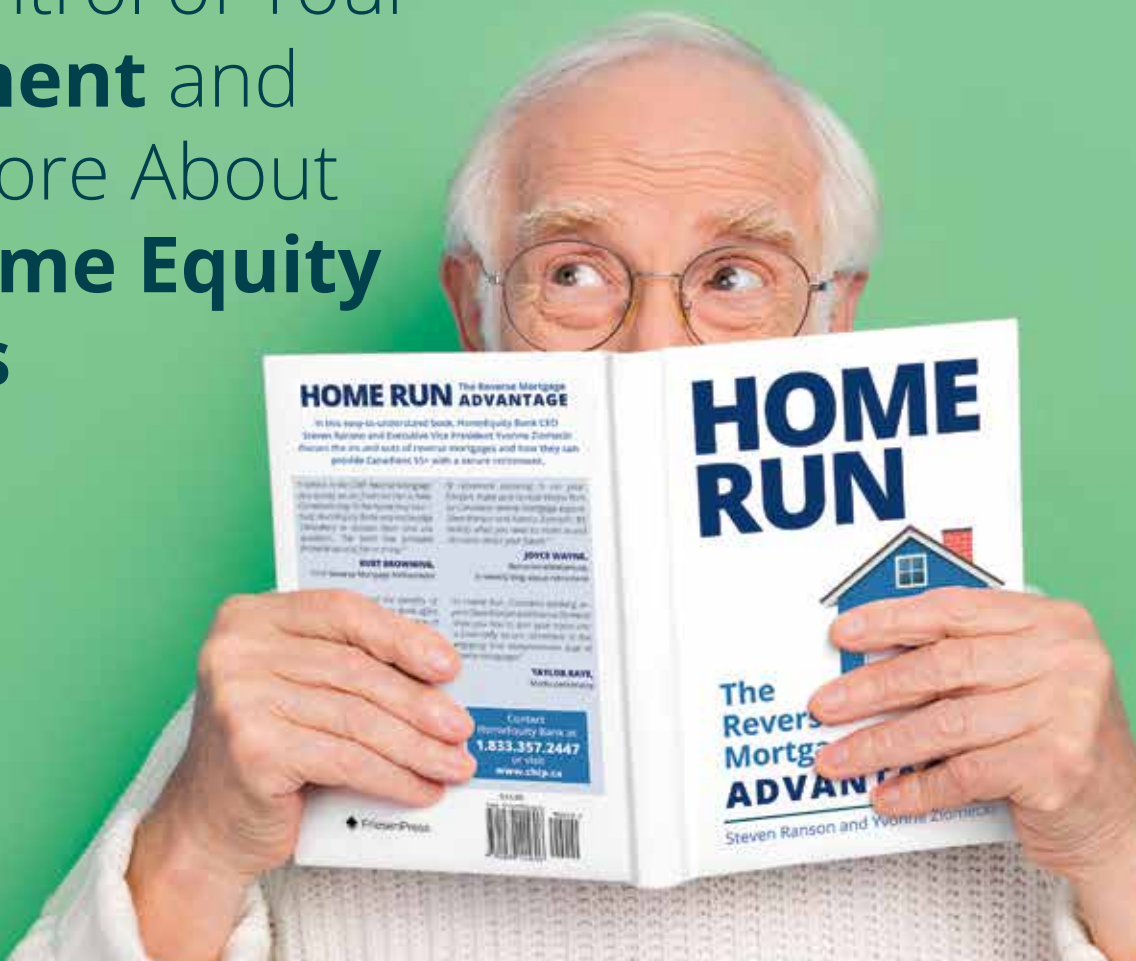


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CAA INSIDER

Club News | Member Perks | Family Fun

Kickin' it Country
THE REKLAW'S & PETRIC
PUERTO VALLARTA, MEXICO

2ND ANNUAL FOOTBALL FAN TRIP
LOS CABOS, MEXICO

WestWorldTours CAA

WINTER GETAWAYS

CHOOSE YOUR OWN MEXICO ADVENTURE

PLANNING A BEACH HOLIDAY? Travel to Mexico with someone you trust—and have fun every step of the way. WestWorld Tours and CAA Travel offer tours that'll make your winter muy picante! Puerto Vallarta boasts cobblestone streets, charming markets, a stunning beachfront—and some of the best country music around. In January 2023, the **Kickin' it Country** festival promises toe-tappin' tunes by The Reklaws and Petric. Spend your days lounging on the beach, revelling in pool parties and exploring off-site adventures around PV. There are four planned parties during this seven- or 14-night

tour at the All-Inclusive Grand Palladium Vallarta Resort & Spa, and two departure dates to choose from. If you'd rather root for the home team, sign up for the second-annual **Football Fan Trip** to Los Cabos on the Baja Peninsula. Check into the Riu Santa Fe Resort for a one- or two-week getaway and soak in breathtaking views of Cabo's famous El Arco, while partying with your CFL heroes. You'll be accompanied by two players, attend a touchdown party and compete in the ever-popular Rider Bingo. Kickoff is set for February 2023. Contact your local CAA Travel Consultant for details.

CAMP WITH CONFIDENCE

KEEP CAMPING!

Don't pack away the camping gear just yet! With 19 provincial parks still offering seasonal camping in Saskatchewan, there's always a place to camp until the end of September. But before you book your campsite, remember to download CAA's Ultimate Guide to Summer Camping. This one-stop camping resource helps you understand different types of camping, offers shared secrets of experienced campers, and features printable PDFs to take on



your trip. With packing checklists, expert tent tips and things to do, this

comprehensive guide will help you camp with confidence this fall across

the province. Get your copy at caask.ca/ultimate-guide.

CAA IN YOUR COMMUNITY

MEMBER FOCUSED, COMMUNITY MINDED

This past spring and summer, CAA Saskatchewan was pleased and proud to support our local communities where we live, work and play. Here are some of the highlights.

- **Saskatchewan Seniors Mechanism Virtual Conference on Home Supports for Seniors** May 18 & 19
- **Jim Pattison Children's Hospital Foundation Jeans & Jewels Gala** May 27
- **Estevan Walk to Make Cystic Fibrosis History** May 29
- **Those Guys Car Club Show and Shine** Moose Jaw, June 19
- **Taking it to the Streets: Swift Current** Aug. 20
- **Western Development Museum (WDM): Parade of Power,** North Battleford, Aug. 20
- **Ronald McDonald House: 2022 Red Jacket Classic Golf Tournament** Regina, Aug. 29



Left to right: Mandi Potuer, CAA Estevan Store; Kasey McIntyre, Estevan Cystic Fibrosis Walk; Brittney Bayerle, CAA Estevan Store



Shelly Bretzer, CAA North Battleford Store, with Joyce Smith, WDM manager

Notice of Annual Meeting of Members
October 28, 2022



WESTWORLD TOURS

WHAT'S ON YOUR BUCKET LIST?

WestWorld Tours offers a lineup of once-in-a-lifetime adventures. Dreaming of an African safari, watching the sunrise over Machu Picchu or a cruise on the Amazon? Wherever you want to go, we've got you covered! And did someone say girls' trip? Women Xplorers is about women travelling together to enrich their lives with new experiences.

Women Xplorers creates an environment for women to connect as they discover new destinations. Whether you want go solo, bring a friend or bond with your daughter, mother or sister, we look forward to "exploring" with you. Join us in Portugal and Spain, Newfoundland or Ireland. Visit westworldtours.com for details about upcoming departures.

SHELL MORE, SAVE MORE

FILL'ER UP!

As a CAA Saskatchewan Member, you can save 3¢/L every time you fuel up at a participating Shell station. Plus, you'll get 10% off car washes and 10% off in-store purchases, such as snacks, coffee or pop. Just swipe your CAA member-

ship card at the pump, scan it in-store or use the Shell App to get savings on every trip! (Only valid at participating locations; conditions apply.) Did you know by using the Shell App, you can save time and fill up faster with Shell EasyPay™? Locate nearby fuel stations, pay for fuel and purchase codes to activate car washes all on your phone. caask.ca/shell-fuel-program

Notice is hereby given the annual meeting of Members of CAA Saskatchewan is scheduled to be held at Temple Gardens Hotel & Spa in Moose Jaw at 1 p.m. on October 28, 2022. The purpose of the meeting is as follows:

1. To consider and approve financial statements of the Club for the fiscal year ended July 31, 2022, and the Auditor's Report thereon.
2. To elect Directors.
3. To appoint Auditors and authorize the Directors to fix the Auditor's remuneration.
4. To transact such further and other business as may properly come before the meeting or any adjournment thereof.

Members who are unable to attend the meeting in person are encouraged to sign the instrument of proxy following this notice and return same to the **Returning Officer, CAA Saskatchewan, 200 Albert Street North, Regina, SK S4R 5E2**. Proxies must be returned no later than the close of business on October 26, 2022, in order that your votes as given may be recorded.

—By Order of the Board

INSTRUMENT APPOINTING PROXY

2022 Annual Meeting of Members Solicited by Management

The undersigned, a Member of CAA Saskatchewan, appoints Brian L. Barber, Chair of the Board of CAA Saskatchewan, or failing him, Richard G. Ahenakew, Vice-Chair of the Board of CAA Saskatchewan, or failing him, a Director of CAA Saskatchewan designated by the Board of Directors, or in lieu of the foregoing: as nominee of the undersigned to attend and act at the Annual and General Meeting of Members of CAA Saskatchewan to be held on the 28th day of October 2022 at Temple Gardens & Spa in Moose Jaw at the hour of 1 p.m. and at any adjournment thereof, in the same manner, to the same extent and with the same powers as if the undersigned were present in person at the said meeting or such adjournment thereof. The Notice of Meeting appears in *CAA Saskatchewan Magazine*.

DATE (DD/MM/YY): _____

MEMBERSHIP NO: _____

SIGNATURE OF MEMBER: _____

PLEASE PRINT NAME: _____



SAFER SCHOOL-ZONE TRAVEL

What we can do to help protect children on their way to and from school

BY BONNIE STARING

AS KIDS RETURN to school this fall, we all have some homework to do. Close to 30 percent of drivers have seen a near-miss or a collision in a school zone, according to a study conducted by CAA.

“The area between where you live and the nearest school, on a daily basis, is one of the most dangerous places for a child,” says Ian Jack, CAA National’s vice-president of public affairs. “And that shouldn’t be the case.”

Inspiring improved safety

For decades, CAA has been involved in trying to get kids to school safely. In June, we released *Supporting our Kids on the Journey to School: A CAA School Travel Study*. The report, the first of its

kind in Canada, lays out best practices with the aim of keeping kids safer on their way to and from school.

Other ongoing projects include the CAA School Safety Patrol program—the organization’s oldest safety initiative—and the CAA School Zone Safety Assessment Tool, an online app that tracks risky behaviours.

“Parents of school-age children have shared their concerns with us about the risky behaviours of drivers and pedestrians in school zones,” says Christine Niemczyk, director of corporate communications with CAA Saskatchewan.

But who’s ultimately responsible for helping protect students? According to Jack, everyone plays a part, from government policymakers to

municipalities and school boards, but especially motorists. A simple step CAA Members can take is having a household discussion about school-zone safety. Here’s a quick refresher.

Lesson 1: Stay alert

Both drivers and pedestrians should plan their routes and be aware of their surroundings throughout the journey. Drivers should always check for pedestrians crossing at intersections or crosswalks—and watch for children who may dart into traffic between cars.

Pedestrians of all ages should stop, look both ways, listen and think before crossing the street. Take the time to ensure all vehicles come to a complete stop and make eye contact with motorists—never assume drivers can see you.

Lesson 2: Eliminate distractions

In your vehicle, take care of any weather and traffic checks, GPS settings, music choices, calls or texts before you drive. Eliminate distractions, be alert, stay focused and obey the posted speed limits in school zones, playgrounds and parks.

Tell kids—whether walking to school or leaving a vehicle—to focus on what’s happening around them. They can save the texting, gaming, music, social media and headphone use for when they’ve finished walking.


Lesson 3: Follow the rules

Both drivers and pedestrians should know the locations of crosswalks, school zones and student drop-off/pick-up areas along their routes.

Drivers must obey posted traffic signs—including school zone speed limits—and yield to pedestrians crossing the street. Don’t double or triple park in school zones.

Pedestrians should always cross the street at crosswalks or intersections, and follow traffic signs and signals. Parents: Talk to your children about the dangers of jaywalking. And set a good example for youngsters by not jaywalking yourself.

For more tips, visit caask.ca/schoolzonesafety. CAA



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CAA Saskatchewan has owned and operated the school safety patrol program since 1951.



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caask.ca/patrollers

Slow down in school zones.



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SASKATCHEWAN MAGAZINE

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Caribbean island hopping

PLUS
Pet parent guide

Look for the winter issue in your mailbox this **October!**

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SNOWBIRDS: START YOUR ENGINES!

Tips for travellers heading south after two years of restrictions

BY KELLY TAYLOR

SNOWBIRDS WHO HAVE been largely shut out from visiting the United States by car during Covid-19 are anxious to return now that border-crossing rules have been eased. But before heading south, brush up on some rules to ensure a safe arrival.

Visitors to the U.S. need to be fully vaccinated to enter by land or air. And Canadians returning home must still use the Canadian government's ArriveCAN app, inputting all mandatory information at least 72 hours prior to arriving in Canada. Check the latest Canadian rules at travel.gc.ca/travel-covid.

Always purchase travel insurance. Hospital visits in the U.S. can be costly and provincial coverage only goes so far. Talk to a travel consultant at a CAA Store or go to caask.ca/insurance for a plan tailored to your medical history. Keep in mind your provincial coverage lapses once you've been away for more than six months.

Use CAA Saskatchewan planning tools such as the Digital Tour Book, Arrival Guides and Online Travel Guide, to plan your route.

Stop to smell the roses. A trip to Arizona may take a bit longer because you stayed over for a steak fondue

dinner in Medora, N.D., but you'll be thankful for the memories.

Take along your CAA card—and make sure it's renewed—for roadside assistance in both Canada and the U.S., along with CAA Rewards discounts at hotels and restaurants.

Check weather and road conditions. Most online map apps include traffic information with notes on construction and road closures.

Always inspect your vehicle before leaving. A seasonal check by your local mechanic will help minimize the risk of a breakdown. Check tires for tread depth, proper inflation and signs of damage, such as bulges or cracks. Top up your oil, carry extra windshield washer fluid and a set of booster cables.

Be prepared for vehicle maintenance while you're away. Consult your owner's manual and follow the service schedule. You might also consider travelling with winter tires, depending on your route and destination.

Remember to do everything before you drive. Avoid distractions and be alert while driving. Target about eight hours behind the wheel per day to avoid fatigue. Visit caask.ca/safety for more smart driving tips. **CAA**

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GO WITH THE FLOW

Whatever the weather, it's always the right time to keep an eye on your vehicle's fluids

BY GRAHAM HEEPS



YOUR VEHICLE IS FULL OF LIQUID ASSETS: fluids that keep systems functional, well-lubricated, cool and clean. Modern cars and trucks are even simpler to maintain than in the past when owners were expected to top up various liquids regularly. Thanks to advanced components and system replacements such as hydraulic power steering, there are fewer fluids to stay on top of. Nevertheless, here are some of those essential fluids. And for more fluid facts, visit caask.ca/automotive/repairing-maintenance.

ENGINE OIL

Not sure when to change the oil? Follow your manufacturer's recommendation in the service schedule, even in cold conditions. For a Honda CR-V, for example, that means a change roughly every 10,000 km. Consider using synthetic vs. conventional mineral oil, as synthetics are better at combatting deposit buildup, reducing wear and protecting against high temperatures.

BRAKE FLUID & COOLANT

If you notice a low level of either of these fluids, or if a warning light comes on, it's likely symptomatic of a bigger problem. Low brake fluid could mean a leak that needs immediate attention to maintain safe braking. As for radiator coolant, "if your vehicle indicates it's running hot, stop right away," says Scott McIntyre, VP of automotive services at CAA Saskatchewan.

DIESEL EXHAUST FLUID

This fluid, typically called DEF, helps clean up the exhaust systems of newer diesel cars and trucks. All vehicles have a gauge that monitors the level of DEF. When you hit one-quarter on the gauge, that's your cue to fill up at the next fuel stop. McIntyre suggests carrying an emergency bottle in your vehicle to avoid getting stuck without this essential fluid.

TRANSMISSION FLUID

You likely won't find a transmission-fluid dipstick on most late-model vehicles. Hence, maintenance involves watching for a warning light or a burning smell, and monitoring for leaks. As with brake fluid and coolant, transmission fluid changes will be factored into the vehicle's maintenance schedule—usually every 40,000 to 100,000 km, depending on how often you drive your vehicle.

WINDSHIELD WASHER

It may seem obvious but keeping the windshield washer topped up is easy to do and crucial for safe driving year-round. "If you choose to use a summer windshield washer fluid to help remove bugs, put the antifreeze fluid back in earlier than you think you should," McIntyre says. "Even a few ice crystals on a frosty October morning can crack the hose or the washer nozzles on your hood." **CAA**

SAFARI 101

The five quintessential experiences of any African safari

BY KELLIE DAVENPORT



1

DO A GAME DRIVE

Venture out in an open-top safari vehicle to spot Africa's big five: elephant, lion, leopard, rhino and African buffalo. The protected savannah of Kenya's Maasai Mara National Reserve also supports cheetahs, zebras, hippos, gazelle and wildebeest, who thunder over the plains during their annual migration. The region is dotted with villages of Maasai, semi-nomadic Indigenous peoples known for their colourful beadwork, buoyant dance and skillful spear-throwing.

2

GO FOR A BUSH WALK

After a jaw-dropping game drive in South Africa's Kruger National Park, head out on foot with a local Indigenous guide. During a bush walk, your field guide tracks rhinos, elephants and lions to view the spectacular animals from a safe distance. Along



the way, they'll also point out only-in-Africa plants and birds. Take a short hike to a lookout point for

views of the Drakensberg Mountains, the highest peaks in South Africa and Lesotho.

3

TAKE A RIVER CRUISE

After exploring the African plains on the ground, get a different vantage point by water. In Botswana, a cruise down the Chobe River reveals the largest concentration of elephants on the continent, in addition to herds of buffalo, giraffe families, lounging lions and leopards. Running through Botswana's first national park, the Chobe is an important watering spot, especially in the dry season.



5

SAVOUR A BOMA DINNER

The bush version of a backyard barbecue, a boma dinner is a must-do in Zimbabwe and other East African regions. The menu comprises a range of traditional Zimbabwean dishes complemented by a barbecue buffet. But this is more than a mere meal: After dinner, gather by the fire as a storyteller shares local legends and dramatic tales from around the region. **CAA**



4

END THE DAY WITH A SUNDOWNER

Raise a toast to a day of wildlife spotting with a sundowner: sunset happy hour overlooking the bush. Marking the transition from day to evening, the traditional sundowner cocktail is a classic gin and tonic.

Most lodges set up an open-air mini bar along with a spread of snacks to nibble on while watching night fall over the savannah. The soundtrack of animal calls in the distance adds to the African ambience.

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YES, YOU CAN CHANGE THE WORLD THROUGH TRAVEL

The hottest trend in travel is all about leaving a place better than you found it

BY JULIE BEUN

CRUISED THE MEDITERRANEAN: *Check.* Snorkelled in the Caribbean: *Double check.* Photographed a lioness on safari in Africa: *Yes, yes and yes!*

Great big adventures, to be sure. But as climate change and economic disparity continue to dominate global headlines, an increasing number of savvy travellers are choosing to do more while on vacation: they're aligning with companies that make a positive impact on the people, wildlife and landscapes they visit.

One way they do it is through voluntourism or volunteering on projects in an emerging economy through charity organizations. It's the world's fastest growing tourism

niche market. A 2018 Asia-Pacific Economic Cooperation (APEC) report estimated that more than 10 million voluntourists spent up to \$3.6 billion in 2016 alone. Another study released in March 2021 by Statista found that 83 percent of travellers around the world believe sustainable travel is vitally important for the planet.

Alternatively, there's travelling with impact, in which a travel company partners with a destination to protect the environment, wildlife or people. If you're not sure where to start, CAA Travel has carefully selected preferred CAA Vacations partners with a track record for doing good. Here are some of our favourites.

Seabourn

As official cruise partner with UNESCO, Seabourn promotes sustainable tourism at World Heritage sites. The company has more than 470 UNESCO tour options in 70 countries and has donated more than \$1 million to the organization.

African Travel

As a partner with TreadRight Foundation, African Travel is involved in projects to rehabilitate elephant, rhino and big cat populations.

Trafalgar

Trafalgar offers more than 80 guest experiences on seven continents that focus on responsible travel initiatives, including meeting bears in a Yellowstone conservation centre, supporting Quebec's Manitobah Mukluks Storyboot School and experiencing farm-to-table dining in Maui.

Holland America Line

Holland America supports World Cancer Day with "On Deck for a Cause," in which guests participate in a 5-km fundraising walk for six international cancer organizations.

WestWorld Tours

WestWorld Tours is pleased to partner with Trees4Travel, which plants indigenous tree species to help offset our carbon footprint. Two trees per person are planted on all tours.

Member Choice Vacations

Member Choice Vacations goes beyond the tour and offers grants to destinations to fight global hunger and education inequities, while connecting guests to local communities.

Insight Vacations

On every Insight Vacations 2022 tour, they advance the United Nations Global Goals by offering Make Travel Matter Experiences, which support the wildlife, people and places their tours visit. **CAA**



Sand belongs at the beach.

Nothing beats a relaxing trip to the beach, but bringing the beach home can be anything but relaxing. Lucky for you, the WeatherTech FloorLiner is laser measured for a perfect fit, completely protecting your vehicle's carpeted footwell. Simply remove the FloorLiner, give it a shake or a rinse, and it's like the beach never happened. And with a lifetime guarantee, you'll never have to vacuum your carpets for as long as you own your vehicle.

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HEADS OR TAILS

Why insurance is the best bet for covering your pet's health needs

BY KAREN KWAN

OUR FUR BABIES do so much more than fetch balls and chase laser beams. Spending quality time with your pet—playing with your cat or taking the dog for a walk—decreases blood pressure and lowers cholesterol. Pets also help improve our mental health: Studies have shown animal companionship can alleviate depression and loneliness.

You can reciprocate by ensuring your pet's health needs are always met with pet insurance. "Accidents and unexpected illness unfortunately happen—and usually at the most inopportune times," says Dr. Emily Boutilier, a veterinarian at Regina's Albert North Veterinary Clinic. "Pet insurance gives owners access to the best restrictions coming into the

“
Pet insurance gives owners access to the best medical care without financial restrictions coming into the decision-making process
”

decision-making process.”

With the rising cost of living and financial strain of the pandemic, insurance helps owners budget for their pets' needs, Boutilier notes. Now you can save more on the cost: CAA Members receive an exclusive rate of 12 percent off Pets Plus Us insurance. Here are some basics to protect your good boy or girl.

The financial 4-1-1

Plans vary between insurance companies, but most include accident and/or illness, with a cap on the total amount of annual coverage. Like other types of insurance, you pay a monthly premium, which is determined by factors including the pet's breed and your location. If you make a

claim, you'll also pay an annual deductible that ranges in cost based on your chosen policy (in addition to monthly premiums). A higher deductible will reduce your monthly premium cost. Visit caask.ca/insurance/pet-insurance for an online quote.

Plans and claims

With an accident plan, if your pet gets injured and requires care, you'll be reimbursed a certain percentage of your vet bill, based on your chosen plan (typically between 70 to 90 percent). You can also opt for a broader accident and illness plan. It might be worth the additional investment to truly get the peace of mind you want when it comes to your pet's care. Consider this scenario: Your vet has prescribed a diet for your overweight dog. Should he experience a ligament rupture due to the extra weight, the injury may not be considered an accident—and you'd probably be on the hook for the full medical bill. But such an injury would likely be covered by an accident and illness plan.

What's not covered?

Like health insurance for people, pre-existing conditions in your cat or dog may not be covered. This makes a good argument for getting pet insurance as soon as you get a pet, before they develop possible health conditions.

Consider add-ons

Part of responsible pet ownership calls for routine checkups and vaccines. A wellness package helps spread the cost of annual care over 12 months, avoiding large lump sum bills with each vet visit. A Flex Care Policy from Pets Plus Us covers services such as annual exams, vaccinations, as well as heartworm, flea and tick care.

An ounce of prevention now can save a lot of money later. **CAA**



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CAA Travel Insurance is underwritten by Orion Travel Insurance Company, a CAA Company. Certain exclusions, limitations and restrictions apply. Subject to change without notice. A Medical Questionnaire may be required to purchase travel insurance. Quotes are valid for 30 days.
*Applies to CAA Members in good standing with dues paid in full by membership expiry date. 10% savings applies to the total premium excluding applicable taxes. Minimum premium applies. Excludes Visitors to Canada Insurance.



HOW



Look for the leaf to save dollars and the planet!

TO



SAVE ON



EVERY THING

Clever money-saving tips to keep more cash in your pocket

BY ENOCH OMOLOLU

WITH PRICES SURGING ON EVERYTHING— from fuel and food to utility costs and travel— Canadian families are feeling the financial crunch. That's why it's more important than ever to find creative ways to make every loonie go even further. Here are **more than 40 ways** to stretch your dollars and help the planet along the way. »



GROCERIES & SHOPPING

1 Get “cash” back. Shop online at more than 50 CAA Rewards partners to earn back a percentage in CAA Dollars: \$1 CAD = 1 CAA Dollar. Spend dollars on trips, luggage, movie tickets, membership renewal and more. Shop via the CAA eStore at caask.ca/estore to earn at Sephora (5%), Staples (3%) and Aldo (6%), plus many others.

2 Use gift cards. They’re not just for giving! Everyday shopping with gift cards helps control your spending and prevent credit card interest. CAA Members also get extra perks: Save 5% on the purchase of The Ultimate Dining Card.

3 Cut coupons. They can save you money at the register—but don’t go crazy and buy things you don’t need just because they’re cheaper. Create a stockpile when there is a sale for items that do well in storage.

4 Price match. Many grocery stores will match a competitor’s price if you show them a flyer.

5 Save instantly. Show your CAA Membership card and get instant discounts at retailers, including NAPA Auto Parts (save 10%) and RW&CO. (save 10%).

6 Go small. Studies have shown the size of your shopping cart impacts your grocery bill. When you use a large, jumbo-size cart, you spend up to 40% more.

7 Buy generic brands. Generic store-brand items are often as good as name brands but cheaper.

8 Make a grocery list. And stick to it! This will help you buy only what you came for and avoid impulse purchases.



ENTERTAINMENT & LIFESTYLE

9 Eliminate unused subscriptions

If you don’t use certain streaming services to their full potential, consider getting rid of them.

10 Flash your CAA card

Your membership scores you deals at many local attractions and eateries: Save up to 10% on a Parks Canada Discovery Pass, 10% at East Side Mario’s and 15% at Marble Slab Creamery.

11 Get fit for less

Find a gym plan that fits your budget or consider drop-in classes for zero-commitment fitness.

12 Save on kids’ meals

Many local restaurants and eateries offer deals for children. On Tuesdays, kids eat for just \$2 at Montana’s BBQ & Bar.

13 Catch flicks for less

Catching the latest blockbuster? CAA Members save up to 20% on Cineplex tickets when purchased at your local CAA Store.

14 Get a family plan

If multiple family members have a music or video streaming subscription, combine them, and create a family account to save on monthly costs.



15 LIGHTEN YOUR LOAD

The more weight you carry, the more fuel you’ll burn. Remove bike racks and roof boxes when not in use.

16 CHECK THE TIRES

Underinflated tires increase fuel consumption by up to 4%.

17 COMBINE TRIPS

Try to plan your route to combine visits or errands into one trip. Your vehicle is more fuel efficient when it is warmed up, so several short trips with a cold engine can use twice as much gas as one longer trip.



AROUND
THE
HOUSE

With families facing higher monthly bills and increasing home prices, it can be tricky to balance your budget—while also making changes to help the environment. But these tips can help you do both: Trim your household bills and cut energy consumption at the same time.

22

Cut your water bill

Use less water by taking shorter showers, turning off the tap when brushing your teeth and running full loads in the dishwasher.

23

Replace incandescent lighting

Use LED or compact fluorescent (CFL) bulbs. They'll cost more upfront,

but last longer and use less energy. LED bulbs use 75% less energy and last as long as 20 years, while CFL bulbs use up to 35% less energy.

24

Use a smart power strip

Smart strips turn off the electricity supply to appliances not in use. They are smarter and more energy-efficient than regular power bars.

25

Seal your home

Cut your energy consumption by up to 25% by using proper weather-stripping and caulking around windows and doors.

26

Mind the trap

A dryer can lose 75% of its efficiency if lint clogs the trap. Clean it after every use to save on the annual operating cost.

18 COAST TO DECELERATE

Look ahead at how traffic so you can see well in advance when it's time to slow down. Conserve fuel by taking your foot off the accelerator and coasting to slow down rather than using your brake.

19 EASE UP ON THE PEDALS

Frequent "jackrabbit" starts and hard braking reduce travel time by only 4%, but increase fuel consumption by 39%.

20 SLOW DOWN

As you increase speed, more power is needed to push the car. Driving at lower speeds or maintaining a constant speed can increase fuel efficiency.

21 AVOID IDLING

Research shows you waste one litre of gas every 20 minutes your vehicle is idling. Turn the vehicle off when waiting longer than a minute.


**TRAVEL &
TRANSIT**
27 Buy a monthly pass.

If you routinely travel by bus or train, a monthly pass can save you up to a few hundred dollars a year.

28 Consider upgrading your CAA Membership.

Moving from Basic to Plus gives you more than 30 times the towing distance per call, plus other benefits like free emergency fuel and delivery.

29 Save on car rentals.

CAA Members get discounted rates and other benefits—10% off prepaid fuel and two free additional drivers—at Enterprise, Alamo and National.

30 Use an alternate mode of transit.

Walk, cycle or take the bus, which are often cheaper than buying gas, and provide the added benefit of daily exercise. 🚲

31 Pack your CAA card.

Members get exclusive discounts and room rates at hotels around the world, including Best Western Hotels & Resorts, Hilton and Marriott properties.

32 Golf for less.

CAA Members save \$20 off the online purchase of a Canada Golf Card. This all-in-one golf discount card pays for itself after one or two rounds. »

HOW A CAA MEMBERSHIP PAYS FOR ITSELF

Your CAA membership is more than roadside assistance. Sure, it certainly provides peace of mind, but the card in your wallet translates to everyday savings that really add up—enough to cover the cost of your annual membership...and then some.

Here's how.



CAA Store luggage and accessories

(save 10%)

=

\$20



Friday night supper at Pizza Hut

(save 15%)

=

\$10



New fall wardrobe at RW&CO.

(save 10%)

=

\$20



Electronics at The Source

(save 20%)

=

\$40



A night at Best Western

(save up to 15%)

=

\$14



A tune-up at Mr. Lube

(save 10%)

=

\$13

TOTAL SAVINGS \$117



COST OF BASIC MEMBERSHIP RENEWAL

\$95



INSURANCE



33 USE YOUR CAA MEMBERSHIP

Members save 10% on home and property coverage, and travel insurance: caask.ca/insurance.



34 PAY PREMIUMS UPFRONT

Save an administrative fee by paying annually instead of monthly with many insurance companies.



35 BUNDLE UP

CAA Insurance offers up to 10% in discounts when you bundle your auto and home insurance from the same company. And insure more than one vehicle to get a multi-vehicle discount.



Q&A

Charity Akinseloyin, a personal finance expert at TheFinanceKey.com in Alberta, shares some of her tried-and-true tips for cutting costs without sacrificing comfort.

What are the top three ways you save on household bills?

I cancelled unused subscriptions and switched to a cheaper cell phone plan. I also installed a programmable thermostat in my home, which has helped keep energy costs low. 🍃

How has your budget changed with rising inflation?

I've changed my spending habits. For example, I have reduced my entertainment and

eating-out budget and put off buying a new car to focus on essentials. I needed to earn more money to sustain my current lifestyle.

What else are you doing to save money at home?

I buy generic brands more often now. And rather than purchasing expensive store-bought cleaners, I make my own homemade versions using ingredients like baking soda, vinegar and lemon juice. 🍃



PUT THE FUN IN **FRUGAL**

Because saving money
doesn't have to be boring!

Smarter spending can be even more fun than budget busting. As Suchot Sunday of **TheCuriousFrugal.com** in Winnipeg explains, "in a high-inflation environment, kids can learn about saving up for a special toy or game they want." She suggests using a three-point money jar instead of a typical piggy bank. "The jars have different slots for save, spend and give. It teaches children about money management in a more holistic way." Here are her other tips for fun frugality.

36

Buy quality items

Name-brand clothes, and shoes may be more expensive upfront, but you could save when you don't have to replace them quickly. 🌱

37

Sign up for birthday freebies

Some companies give out free stuff or coupons during your birthday month: Sephora offers a bundle of cosmetics and you can get free frings at Harvey's.

38

Plant a garden

You can grow organic veggies and save money. It's also a great activity for kids, who will learn how to garden and have fun doing so. 🌱

39

Avoid impulse buying

If it's not an emergency purchase, give it 24 hours or longer before making a move. "The act of pausing and waiting can deflate some of the desire to spend," Suchot says.



40 Ditch the fees.

Sign up for credit cards and chequing accounts that don't have annual or monthly fees.

41 Use cashback or rewards credit cards.

Almost every bank has a cashback or travel rewards credit card. Consider applying for one that will help you save the most money or put points towards a vacation.

42 Open a high-interest savings account.

These accounts generally pay up to 100 times the interest rates on a traditional savings account. They are usually offered by online banks.

43 Set up automatic payments.

This way, you won't forget to pay your bills on time. Also consider paying up credit card balances before their due date to avoid interest costs.

44 Keep track of expenses.

Maintain a budget that tracks your monthly expenses and income. You'll see how much you spend per month and what you can cut back on.

45 Use cash.

If you tend to overspend when using credit cards, consider limiting yourself to cash or use a cash envelope: Set aside money for each buying category; when it's used up, you're done spending for the month. 🏠

Bucket List **WestWorld** Tours Adventures

Where Dependability is a Tradition

Africa MAY 2 - 20, 2023

Check a few more countries off your Bucket List with this adventure through South Africa, Zimbabwe, Zambia and Botswana. Our African tour features urban exploration in the picturesque cities of Johannesburg, Livingstone and Cape Town. The South African culture is one of the most ethnically diverse in the world adding to the ambiance and wonder of this action-packed tour. Heading into the countryside, ecological adventures including safaris, game drives, bush walks, and river cruise safaris balance the urban and rural experience. You will visit Kruger and Chobe National Parks and attend a sunset cruise on the Zambezi.



Peru MAY 10 - 25, 2023

Experience the culture and wildlife of Peru, a land of astonishing landscapes and history, where lost civilizations live on in the spirit of the Peruvian people. Explore Lima, uncover the mysteries of the ancient Inca Empire in the Sacred Valley and Machu Picchu. Explore the Inca capital of Cusco before travelling to Lake Titicaca. From the isolated jungle city of Iquitos, float further into the depths of the rainforest on a 5-day journey cruising the mighty Amazon River aboard a private luxury riverboat, where you'll enjoy expert naturalist guided excursions and activities including piranha fishing, jungle trekking, and wildlife watching.



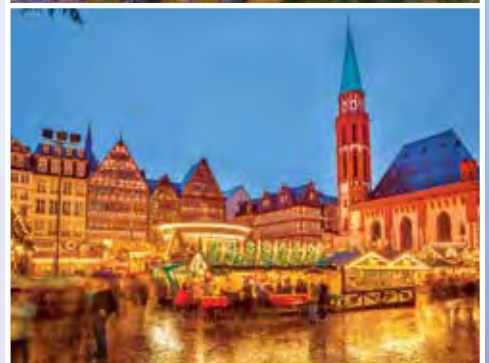
Ireland & Scotland AUGUST 19 - SEPTEMBER 6, 2023

From the craggy inlets of Kerry's shores to the historic skyline of Edinburgh, uncover all that Ireland, Northern Ireland and Scotland have to offer on this Celtic adventure. From the rugged natural beauty of the Wild Atlantic Way to vibrant and historical cities, diverse charms and rich history await your discovery. Experience cozy pubs and welcoming locals, tartans and bagpipes, castles, and green landscapes as far as the eye can see. From the Cliffs of Moher to the golfing greats of St. Andrews, kiss the Blarney Stone and you'll be sharing tales from Giant's Causeway, the Ring of Kerry, and the Scottish Highlands for years to come.



Christmas Markets of Bavaria & Austria DECEMBER 2 - 16, 2023

Wander along cobblestone streets through grand cities and historic towns bedecked with twinkling Christmas trees and wooden huts displaying handcrafted treasures. Iconic Christmas markets are plentiful and on full display for your pleasure in Rothenburg, Munich, Regensburg, and Vienna. Take in the sparkling lights, festive sounds of carolers, enticing smells of hot-mulled wine, roasted chestnuts, sausages, and sweet treats of every kind, and timeless wonders are a feast for all your senses.



THE LAND OF OZ



Australia is home to the one of the planet's oldest cultures, jaw-dropping landscapes, award-winning vintages and an infectious "no worries" attitude

BY **WAHEEDA HARRIS**

LINDSAY_IMAGERY/ISTOCK



SAFE HARBOUR

A snapshot of Sydney Harbour, including its iconic opera house and bridge

SYDNEY

Getting there: 15.5-hour flight from Vancouver

Good to know: 16 hours ahead of CST, Sydney has more than 100 beaches and the world's largest natural harbour



AS I SIT IN A CORNER TABLE at the Dining Room bistro on Sydney's Circular Quay, my senses spring to life after a long flight. A glass of Sémillon—an Old World varietal flourishing in this new world—features a light honeysuckle aroma and soft flavours of peach and pear. I paired my chilled libation with an unbeatable view: the incomparable Sydney Opera House, gleaming in the midday sunshine, while my soundtrack is the welcome chatter of chic crowd. I toast the world-renowned performing arts centre, a year shy

of celebrating 50 years since its opening.

Sydney revels in its seaside culture and makes the ideal starting point for a two-week Aussie adventure. Desperate for a dose of surf and sun, this beach girl makes tracks to Bondi Beach—the famed kilometre-long curved expanse of soft white sand luring surfers to the South Pacific's endless waves. Less than a half-hour from the city's CBD (central business district), the laid-back enclave is a people-watching paradise: teen skateboarders rolling to the Bondi Skate Park, sunseekers flowing from seaside lounging to alfresco dining, and visitors like me snapping selfies at the Bondi Beach Sea Wall, an everchanging mix of street art dating to the late 1970s.

Blending in like a Sydneysider means emulating the local obsession with outdoor fitness. So, I head toward Tamarama on the Bondi-to-Cogee Walk, a six-km trail hugging the coastal

ILLUSTRATIONS: ELENA BONDARENKO/ISTOCK; LEOPATRIZ/ISTOCK

LIFE'S A BEACH

Not far from the city centre, Bondi Beach attracts surfers from around the globe

“Sydney revels in its seaside culture”



Great Barrier Reef

Getting there: 3-hour flight from Sydney

Good to know: Cairns, Port Douglas and Airlie Beach are popular gateways to the reef

THIS STORIED UNESCO World Heritage site is an undisputed underwater marvel—and easily accessible from Sydney with a short regional flight.

Located off the northeast coast, the Great Barrier Reef is massive: a 344,400-sq-km swath of the South Pacific encompassing 3,000 coral reefs and 900 islands. The marine habitat is one of the most significant on earth, with a rich biodiversity including coral, birds, mollusks and fish.

“No matter what part of the Great Barrier Reef you are visiting, try to go snorkeling and witness why the reef is one of the most diverse ecosystems on the planet,” says Eric Fisher, biology manager at GBR Biology and Reef Magic Cruises in Cairns.

“I recommend spending as long as you can in the water,” he adds. “The reef literally changes by the minute, right in front of your eyes.” Snorkelling in several places is ideal according to Fisher, as each reef has its own individual personality. »



cliffs of Sydney’s eastern suburbs. I’m quickly distracted by the ocean’s blue hues and rhythmic movements of swimmers at Bondi Icebergs Pool. I stop to peruse Hunter Park’s modern sculptures, sourced from the annual Sculpture by the Sea festival, when the trail transforms into an outdoor gallery featuring over 100 artists.

In the late afternoon, I wander Woolloomooloo’s Finger Wharf, a working port reinvented into a lively district including the Old Fitz Theatre, five-star eateries and home to actor Russell Crowe (who I sadly don’t see at one of several pubs). Date-night couples and singles ready to mingle stream past as I stroll onwards to Potts Point, an eclectic mix of fashionable shops and restaurants.

I happily stop at Sydney’s latest sweet obsession, Black Star Pastry, choosing a slice of signature rose-scented strawberry watermelon

cake, before joining the animated after-work crowd at wine bar Dear Sainte Eloise. Sumptuous pecorino and rosemary croquettes drizzled with hot honey are followed by freshly shucked oysters with yuzu mignonette and a glass of Little Reddie Chardonnay. Heading back to the hotel, my taxi cuts through Kings Cross, where neon lights spotlight clubgoers just kicking off their evening as mine ends.

The next day, I’m southwest of Sydney in the Southern Highlands, where city folk plan weekend escapes to hike eucalyptus forests and spot koala and kangaroo. I’m visiting cellar doors (Aussie speak for wine tasting rooms) along the Highlands Wine Trail, and have rapidly become a cool-climate wine aficionado. As I swirl samples of Pinot Gris, Sauvignon Blanc and Pinot Noir, I wonder much wine will actually fit in my suitcase?





AUSSIE RULES

The raucous crowd at the Melbourne Cricket Ground cheers for the hometown Melbourne Football Club



“Melbourne’s pace is easy-going, imbued with sport, modern art and plenty of coffee”

MELBOURNE

Getting there: 1.5-hour flight from Sydney

Good to know: The city’s temperate climate changes quickly—pack an umbrella

WHERE SYDNEY’S ENERGY is a welcome whirlwind, Melbourne’s pace is easygoing, imbued with sport, modern art and plenty of coffee. As I sip a flat white (espresso with steamed milk), I’m surrounded by joyful shades of yellow, orange and red at The Olsen, one of four Art Series Hotels in Melbourne.

The landscapes of renowned Aussie artist John Olsen inspire me to explore the great outdoors, so I hop on one of the hotel’s sleek Lekker bicycles to cycle the South

Yarra district.

Pedalling beside the Yarra River, I spy rowers cutting through the river’s current before I turn my two wheels into the 38 hectares of the Royal Botanic Gardens Victoria. Circling Ornamental Lake, I survey lush vistas of tropical greenery in this calming oasis in the middle of the city. After I cross the

Yarra River, a series of green spaces lead to Melbourne’s sports HQ: the Rod Laver Arena, centre court of the Australian Open, Melbourne Cricket Ground and

Olympic Park, site of the 1956 Summer Olympics. Like any Melburnian worth their weight in coffee beans, I dutifully stop to sip a flat white at Bedgood & Co.

Returning to the hotel, I catch a green tram heading downtown. The popular trams are one part



IN LIVING COLOUR

A handful of the 80-plus beach huts dotting the Brighton Beach shoreline



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Northern Territory

Getting there: 3-hour flight from Melbourne

Good to know: Taller than the Eiffel Tower, Uluru experiences an average 300 mm of annual rainfall, which creates waterfalls and sustains vegetation

THE EXPANSIVE DESERT landscape of the Northern Territory—known as Australia's Red Centre—is bursting with ancient wonders and has long been a sacred space to the Indigenous Anangu people.

One of the Outback's most iconic landscapes, Uluru-Kata Tjuta National Park is home to two natural wonders: Kata Tjuta, 36 giant rock domes spread over 20 km, and Uluru, a 348-m-high rock formation. Formerly known as Ayers Rock, it's the world's largest sandstone monolith.

Matt Cameron-Smith, CEO of Voyages Indigenous Tourism Australia suggests walking around the base of Uluru at your own pace or taking a guided Segway tour to understand the significance of this site.

"I always recommend a sunrise walk through the Valley of the Winds at Kata Tjuta," he adds. "It's extraordinary to see the various rock formations, flora, fauna...well worth the hike." Cameron-Smith also encourages visitors to spend time in the Gallery of Central Australia to better understand Aboriginal Australians, the world's oldest living culture. **CAA**



"I find a bench on the pier for an impromptu picnic of fish and chips"

of the world's largest urban train network. Historic St Paul's Cathedral acts as my trailhead as I enter the maze of Melbourne's Victorian-era laneways, clusters of indie gift shops, fashion boutiques and cool cafés, each twist and turn revealing the city's eclectic architectural past.

Elegantly lined with striped awnings and outdoor terraces, Hardware Lane is alluring to the office crowd, here to rejoice their post-5 o'clock status. I continue to popular Hosier Lane with walls covered in bold street art.

A group of footy fans, resplendent in red and black team colours, notice my perusal of the graffiti, inviting me for a happy hour pint. They offer a crash course in Australian Rules Football, tips on coffee (Proud Mary coffee beans), late-night laneway bites (Meyers Place) and the best beach around (Williamstown).

The next day, hot air balloons slowly ascend Melbourne's morning sky, colourful patterns glowing in the sunrise as I head northwest to the Yarra Valley, the country's premier cool climate wine region. My guide advises us to forget snooty wine descriptors, pronouncing shiraz with emphasis ("shi RAZ people!") and encouraging us to say chardy—Aussies can't resist a good nickname. My palate is repeatedly pleased with champers and cab sav, too.

Back in Melbourne, I follow Port Phillip Bay's shoreline, taking endless photos of the 80-plus vibrant Middle Brighton Beach bathing huts before I find a bench on the pier for an impromptu picnic of fish and chips with a mini-bottle of champers. I raise my glass to my Aussie adventures, knowing this island nation has become a mate for life.



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¡HOLA, MEXICO!

*BECAUSE IN MEXICO,
ONE VACATION DOES
NOT FIT ALL*

BY **KELLIE DAVENPORT**

TONY ANDERSON/GETTY



SEA FOR YOURSELF
The underwater Eden of Cozumel's Palancar Reef

SNORKEL IN COZUMEL

WITH BRIGHTLY HUED CORALS, sponges and sea life, Cozumel has been a mecca for divers and snorkellers since the 1960s when Jacques Cousteau first dipped a flipper in its crystal-clear water.

Situated near the Great Mesoamerican Barrier Reef, the world's second-largest, Cozumel was first settled by the Mayans, who used the island as a ceremonial centre and commercial port. With about 88,000 residents, the city welcomes millions of underwater visitors every year.

Though I've been enough times to be an honorary Cozumeleña, this visit is my first with my dad and newbie snorkeller, Alexander. To see the spectacular reef up close, we hop on a small charter boat, which delivers us a few kilometres offshore to the 5.6-km Palancar section of the reef.

On his debut open-water snorkel trip, my brave dad enthusiastically drops off the side of the boat and is first in

the water. As we skim along the gently undulating surface following our guide, it's easy to see why locals call Palancar the "underwater garden of Eden." Through the shockingly clear water, we glimpse bright red, orange and fluttering fan-like coral, just some of the reef's 60-plus coral species.

Colourful angelfish dart around the maze of coral as if playing an epic game of tag. A critically endangered hawksbill turtle glides peacefully through the water beneath us. I flinch a little when I spot the spiky fins of a venomous lionfish just a few feet away. Beautiful—from a distance!

Though we don't see them on our trip, eagle rays, moray eels and nurse sharks often frequent Palancar.

After climbing back onto the boat, Dad and I giddily skim the sea life chart to identify everything we did see. Like Cousteau, we are both hooked on this spectacular reef.

3 MUST-SEE ART WALKS

1 If you're passionate about street art, **Mexico City's Street Art Chilango** offers the top tour in town. Every Saturday, artists from this collective guide graffiti lovers through the narrow lanes of Roma and Condesa to reveal colourful, thought-provoking murals.

2 On the Pacific Coast, **Mazatlán's refurbished Old Town** is best described as tropical neoclassic meets 1950s charm. Once a month, galleries and shops in *el centro histórico* host a self-guided art walk to showcase local painting, printmaking, sculpture, jewellery and photography.

3 Every Thursday night, **Playa del Carmen** becomes an open-air art gallery. **Art in 5th Avenue** presents the work of both up-and-coming makers and internationally recognized artists. Genres range from traditional Mexican folk art to modern photography, making it the ideal place to purchase a meaningful, one-of-a-kind souvenir.



THE STREET BEAT
Mexico City's Lucha libre on full display

WATERFRAME/ALAMY

SURFIN' SAFARI

Sayulita's gentle breaks are ideal for beginners and advanced surfers alike



LEARN TO SURF IN SAYULITA



Sergio and Patricio Gonzalez

“WITH SMALL WAVES and a sandy bottom, we have the perfect conditions here,” says Patricio Gonzalez, pro-surfer and co-owner of **Sayulita Surf School**, one of several schools in this charming beach town north of Puerto Vallarta. The life-long surfer and Sayulitan offers some insider tips for beginners.

What do you love most about surfing?

It helps me relax. When I focus on riding waves, I forgot about any other problems.

Why did you start the school?

I founded it with my brother, Sergio, to teach beginners who have zero knowledge about the sport. But we also offer advanced lessons.

Where do you start with surfing newbies?

On the beach, we practice basic moves: paddling, how to stand up and keep your balance on the board. We also teach newbies how to fall properly, which is very important! And we go over some “don’ts”—like never float your board sideways in front of you as a wave could catch it and hit you.



Any tips for paddling out?

With your chest up, centre your body on the board; paddle with cupped hands and don't drag your feet, which will slow you down.

What about standing up?

Pop up with your feet spread slightly toward the front with knees bent. But we remind guests that everyone falls—even the pros!

OFF THE BEATEN PATH

Venture beyond tried-and-true resort towns to see different sides of Mexico

SAN MIGUEL DE ALLENDE

If you prefer culture to coral, make tracks to this artsy enclave in the central highlands. With colonial architecture and a pink cathedral, the city is a UNESCO World Heritage Site rich in history and charm. Beyond the gallery scene, you can visit an olive oil farm or ride in a hot air balloon.

ZIHUATANEJO

Located southwest of Mexico City, Zihua (as it's known to locals) boasts the same white-sand beaches as neighbouring Ixtapa—without the crowds. The narrow cobblestone streets of the former fishing village hide charming restaurants and artisan studios, and anglers still gather daily on the beach to sell their catch.

ISLA MUJERES

Just across the bay from Cancún, this island (*below*) feels a world away from the notorious party town. Coral beaches lend a European vibe and the calm water welcomes divers and snorkellers. Head to one of many fish joints along the port for some of Mexico's freshest seafood.



VALLARTA ADVENTURES

ZIPPING ALONG IN A CATAMARAN, a loud voice booms from above: “WHALE! Starboard side!” Glancing down from my seat at the stern of the boat, I see the distinct outline of a massive humpback whale about 10 feet away. As her back slowly rises out of the water, a tinier form surfaces—a baby humpback!

This rare sighting of mother and calf kicks off my week of adventures around Puerto Vallarta (P.V.), a city known equally for its quaint cobblestone streets and awe-inspiring natural wonders. As the whale family slowly dives into the dark water and drifts out of sight, our captain explains that we are on the tail-end of humpback calving season in the Bay of Banderas, so we're lucky to see them on this late-March visit.

The day after my fortunate whale sighting, I set out to explore Vallarta by land, air—and mule. My day tour with Vallarta Adventures starts with a speed boat ride to Boca de Tomatlán, a hidden beach about 45 minutes south of P.V. From there,

my group takes a 4x4 into the Sierra Madre Mountains where we climb on mules for a short trek into the jungle.

After about 30 minutes, a towering zip-line platform rises above the forest canopy, and I bid adieu to my new equine friend. Safely strapped into my harness, I get ready to make the leap—or step—to soar over the treetops, some 300 metres above ground. Though it's not my first zip-line ride, it is the highest, and after a few initial terrifying seconds, the ride is thrilling and the views are spectacular.

Back on the ground, the adventure continues with a rappel down a small waterfall. The simple drop is manageable, even for an inexperienced rappeller like myself. I soon realize slow and steady is the secret to success! My tentative steps are rewarded on the ground with a swim around the natural river pool. Floating on my back, staring up at the bright blue Mexican sky, I can't wait to see what day three in Vallarta has in store.

THE SEVEN MOLES OF MEXICO

MOVE ASIDE SALSA AND GUAC! When it comes to authentic Mexican cuisine, it's all about mole (*MOH-lay*), a rich, complex sauce comprised of up to 40 ingredients with flavours ranging from sweet to spicy. The states of Oaxaca and Puebla claim to be the origin of mole, but other regions have also evolved their own versions.

1 Originating from Puebla in south-central Mexico, **mole poblano** consists of 30 ingredients, including chilis, dried fruits and nuts. Regional variations also add almonds, olives and capers.

2 Commonly served in Veracruz, Mexico City and Guadalajara, **mole verde** gets its vibrant green hue from pumpkin seeds, cilantro, tomatillos and jalapenos.

3 **Mole negro** (a.k.a. black mole) is one of the most popular options throughout the country owing to its classic sweet-spicy taste. The Oaxaca recipe relies heavily on chocolate and spices like cloves, cinnamon and cumin.

4 Made with a base of rich beef stock and charred ingredients, **chichilo mole** is the perfect complement to braised meat dishes.

5 Popular in Oaxaca, Morelos and Jalisco, **mole Coloradito** is a sweet red version with the same base as poblano but with mashed sweet plantains to make a thicker sauce.

6 An Oaxacan staple, **mole Amarillo** is made with yellow chillies but contains no chocolate. The yellow colour and texture resemble Indian curry.

7 Another unique combination from Oaxaca, **mole Manchamantel** infuses fruity pineapple and plantain with the bitter flavours of chorizo, tomatoes and ancho chillies.



RESORTS FOR FOODIES

WALDORF ASTORIA LOS CABOS PEDREGAL

The luxe resort showcases the best of authentic Mexican cuisine. Chef Manuel Huerta infuses dishes with his native Guanajuato flavours, perfectly presented in the nine-course taco tasting. Thirsty holidaymakers can visit the Agave Study, an alfresco tasting room and bar dedicated to rare tequilas and mezclals.

GRAND VELAS RIVIERA MAYA

This family-friendly property proves all-inclusive can also be gourmet-inclusive. Internationally acclaimed chefs, including Maître Cuisinier de France Michel Mustière and *Iron Chef Canada* winner Xavi Pérez Stone, prepare Mexican, French, Italian and Asian-inspired cuisine. The resort's signature restaurant, *Cocina de Autor*, earned the CAA/AAA Five Diamond Award, making it the first all-inclusive restaurant to receive the honour.

HOTEL SAN CRISTÓBAL

Located about 75 km north of Cabo San Lucas, this Todos Santos hotel offers all the Baja flavours without the Cabo crowds. Benno, the property's onsite eatery, specializes in classic Mexican cuisine infused with authentic flavours. Head chef Alberto Collarte recently launched a new menu spotlighting local seafood. Standout dishes include whole shrimp served alongside chione clams, mussels, garlic and bombay rice, or the catch of the day with lentil salad (*above*). **CAA**



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WEEKENDER

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GOOD GOURD!

Make the most of harvest season across Saskatchewan at local farms, corn mazes and fall suppers

LUMSDEN

SWIFT CURRENT

BY NAOMI HANSEN

ESTABLISHED IN 1883,

Swift Current has a rich history tied to the railway and ranching. Today, it's the largest community in the province's southwest and a major hub for shopping, dining and the arts. The combination of rural roots and a dynamic downtown make it an ideal weekend getaway.

HERBERT ST. W.

CHEADLE ST. W.

CENTRAL AVE. N.

6 AVE. N.E.

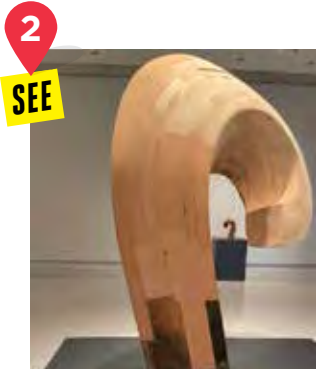
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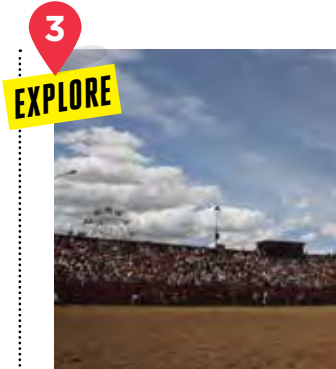
OUT AND ABOUT



1 EAT
Nightjar Diner Co. works with several Saskatchewan producers and suppliers to bring local ingredients to the forefront of its food and drink menus.
325 Central Ave. N.



2 SEE
Home to rotating visual arts exhibitions, the **Art Gallery of Swift Current** is a must-see for art lovers. Budding artists can also attend classes, workshops and talks.
411 Herbert St. E.



3 EXPLORE
Once the grazing ground of local sheep, **Kinetic Park** is now a cultural hub with a gallery and speedway. It also hosts the annual Taking it to the Streets folk music festival.
1700 17 Ave. S.E.



4 WATCH
The **Lyric Theatre** hosts live events year-round, including stage plays, concerts and a literary series. For added atmosphere, it's housed in a historic 1912 building.
227 Central Ave. N.

MAP: JASON SCHNEIDER



COFFEE'S ON

To say **Dallas and Jill Philippon** enjoy a good cup of coffee would be an understatement. Since 2007, the couple have called Swift Current home, and they're the proud owners of Badlands Coffee Co., a coffee roastery and wholesaler of specialty beans. Here, they spill the beans on their adopted hometown.

What's the best thing to do in town on the weekend?

Dallas: The Saturday farmers' market at Market Square downtown runs from spring through fall. It's a must-see outdoor market with local vendors, but there's often live music as well.

Jill: We also love hitting the walking paths and bike trails. We like the Highland Coulee Trails for mountain biking, running and walking.

Any recommendations for families?

Dallas: Dairy King is awesome—it has some of the best ice cream in

town! There's also mini golf and sometimes kid-friendly events in the parking lot. It's open seasonally and is a locally owned independent business.

What makes Swift Current unique?

Jill: Even though it's a city, it still has that small town feel where people look out for one another. Dallas and I both grew up in small towns. Dallas hails from Willow Bunch, near the Big Muddy Badlands (hence our company name). We love that Swift Current really has everything you need and more, but we still feel connected to our rural roots.

The inside scoop at Dairy King



5

CENTRAL AVENUE NORTH

Cutting through Swift Current, this bustling street is packed with chic finds



6

Offering a curated collection of housewares, **The Home Quarter** is the best spot in town to stock up on kitchen essentials, decor and vintage finds.



7

Known for its fresh-baked goodies, **Schimmel's Dutch Bakery** has been a staple in Swift Current for years. Try one of their legendary cinnamon buns.



8

Akropol Family Restaurant is best known for its pizza menu, but this local mainstay also offers pasta, seafood and steak.



9

With a large selection of specialty toys, games, books and even a vintage candy section, **Sputtergotch Toy Company** is a must-do for any kids—or any kids-at-heart—in your family. **CAA**

HARVEST & HALLOWEEN HAPPENINGS

The tastiest and spookiest ways to embrace fall in Saskatchewan

BY ASHLYN GEORGE



BLACK FOX FARM AND DISTILLERY

HARVEST'S BOUNTY

“HARVEST IS OUR TIME OF BOUNTY, a time to really marvel at what can happen in 100 short frost-free days in the province,” says Barb Stefanyshyn-Cote of **Black Fox Farm and Distillery**. She and her husband John Cote opened the distillery

south of Saskatoon on Valley Road in 2015. And with 80 acres of fruit, flowers and grains, plus an award-winning craft distillery, Stefanyshyn-Cote knows a thing or two about squeezing the very best out of the land. Saskatchewan’s long days and cool nights concentrate flavours and colours, exemplifying what is possible with their terroir. Each spring, the Cote’s plant thousands

of pumpkin seeds of all varieties, and welcome more than 5,000 fall visitors to the u-pick pumpkin patch. “It’s so heartwarming to hear people laughing and having conversations, enjoying a cocktail on the patio with their pumpkins tucked at their feet,” says Stefanyshyn-Cote. “We love to facilitate that and share what we have. It’s really the best part and why we do what we do.”



Set in the picturesque rolling hills of the Lumsden Valley, **Happy Hollow’s** 15-acre family farm and corn maze is about 25 minutes northwest of Regina. Kids can run free to experience a giant jumping pillow, hay wagon rides, corn cannon and barnyard animals, including miniature horses, goats, sheep and pigs. But the best part is getting lost in the dead-ends, narrow paths and double-back routes of the corn maze.

PUMPKINS: ASHLYN GEORGE; MAZE: EMHOLK/ISTOCK

FALL SUPPERS

Turkey, stuffing and pumpkin pie...oh my!

The timeless tradition of Saskatchewan fall suppers lives on in **Hudson Bay**. The community's Legion Hall plays host to their annual home-cooked meal. *Date to be announced soon*

Each year, **McKenna Hall and Catering** in Weyburn serves more than 600 meals at their annual fall supper. The banquet hall will return to a seated-style meal as well as offer take-away options. *Sept. 25*

Long tables will once again fill the community hall in **Weirdale** for their annual fall supper. Plan to purchase tickets in advance as they often sell out. *Sept. 25*

HOW TO

ROAST PUMPKIN SEEDS

When it comes to pumpkins, it's what's inside that *really* counts! When carving your jazzy jack-o'-lantern, be sure to save the seeds to toast up for a tasty and healthy treat. The powerhouse seeds are a source of fibre, phosphorus, potassium, magnesium and iron.



Remove and wash seeds

Use an ice cream scoop to scrape out the stringy pumpkin pulp containing seeds. Separate seeds into a colander and run water over them to remove excess pulp. (If some pumpkin bits remain, don't fret—it'll add an extra hit of flavour.)



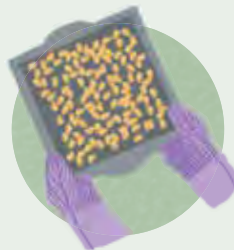
Dry seeds thoroughly

Spread washed seeds in a single layer on a paper towel-lined cookie sheet. Pat with more paper towel and let sit for a couple of hours. Dry seeds will ensure an even coating of oil.



Coat and season

Toss dry pumpkin seeds with vegetable or olive oil. Spread evenly onto a cookie sheet; season with salt and pepper, or spice things up with garlic or paprika.



Roast it all up

Preheat oven to 350 F. Set sheet on the centre rack and roast for 12–15 minutes, tossing seeds occasionally to ensure even browning. Remove from oven when golden brown in colour; let cool.

SPOOKTACULAR TOURS

Tales of things that go bump in the night



In the **University of Saskatchewan's** century-plus history, thousands of students have walked the campus and studied late into the night in its lecture halls and libraries. But beneath the carefree exterior lies tragic stories, urban legends, and spooky tales of unexplainable mysteries shared on a 90-minute ghost tour of the grounds.



If you dare, join the mysterious flapper girl Doris at sundown and climb aboard **Moose Jaw's** electric trolley for an evening ghost tour. With tales of spirits haunting museums and restaurants to supernatural occurrences, this family-friendly tour is spine-chilling.



Superstitions made popular in the Victorian era still exist today at **Government House in Regina**. The 130-year-old residence-turned-museum is home to ghostly stories that are more than just whispered about. Participants will learn the tales of prophecies, rituals, and haunted happenings on the 30-minute supernatural tour. **CAA**

HOW TO

NEW TAKES ON TURKEY

Two alternative ways to serve your holiday bird

BY CRAIG MOY



PREFAB FLAVOUR

Chef Curtis Toth of The Hotel Saskatchewan, Autograph Collection (a CAA/AAA Four Diamond Award Winner) offers two ways to give your bird a boost before you cook it.

BRINE

- 10 L water
- 750 g kosher salt
- 750 g brown sugar
- 80 g pickling spice
- 25 g fresh thyme
- 55 g fresh sage

Combine all ingredients in clean, appropriately sized container. Immerse turkey and let rest in fridge for 24 hours.

WET RUB

- 34 g kosher salt
- 8 g black pepper
- 6 g smoked paprika
- 2 g ground sage
- 6 g poultry seasoning
- 24 g brown sugar
- 100 mL canola oil

Mix in small bowl, then rub all over turkey, including cavity. Let rest in fridge 4 to 8 hours.

WE ALL LOVE HOLIDAY TRADITIONS—until they start feeling a little *too* traditional. This year, instead of tossing the same old bird in the oven all afternoon, try a new way to get poultry on your plate. Start with some tried-and-true prep—plus some additional TLC thanks to a chef-approved brine or rub. Or savour a meatless meal with our tips for elevating your Tofurky roast.

GRILLED TURKEY

Extend barbecue season and give your bird some flame-kissed flair



- 1 Position a drip pan underneath grill grates.
- 2 Prep grill for cooking with medium-high heat (400 F).
- 3 Place turkey breast-side up in centre of grill.
- 4 Cook with lid closed until turkey reaches 165 F in breast and 180 F in thigh (about 2-3 hours for a 10-15-lb. turkey).
- 5 Remove from grill and rest for 15 minutes before carving.



TIP

Aid moisture retention by giving your turkey a pre-grilling massage. Gently lift skin around the breast and thighs and smear the areas with butter—plain or mixed with your favourite herbs.

VEGETARIAN TOFURKY

Enjoy a meatless feast with plenty of fixins'



- 1 Line a Dutch oven or baking dish with vegetables like potatoes and carrots, chopped into large chunks, and tossed in olive oil.
- 2 Place Tofurky on a dish of parchment paper, then lay on top of veggies.
- 3 Cook according to package directions.
- 4 Remove from oven and carefully carve roast with a serrated knife.



TIP

Before your Tofurky goes in the oven, brush it with a glaze for added flavour. (Chef Curtis recommends a mixture of honey, truffle oil, thyme and butter.) Reserve some to reapply during the last 15 minutes of cooking.

Among the icons,
million dollar
jackpots.

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