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SASKATCHEWAN MAGAZINE



SUMMER 2020

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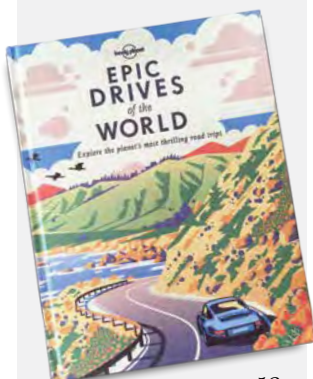
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TO OUR VALUED MEMBERS

We have done our best to ensure the content of this issue was accurate at the time of printing. But with events changing so quickly, we may not have caught everything. Thank you for your understanding.



ALL IN IT TOGETHER

Finding comfort during a crisis

HOME. IT'S A WORD I've thought about a lot lately.

Like many of you, I've been social distancing and working from home. As COVID-19 continues to spread, our lives have moved inward—in the house with only close family or perhaps even on our own. Home, it seems, has become our safest and most comforting retreat.

It's been an adjustment in all our lives. But like other leaders and community partners have said, I want to remind you that we will get through this. Together. Maybe not in the same room or across a restaurant table or in the workplace, but in spirit. We can help each other when we need it most.

That means taking all necessary precautions and following the advice of trusted health experts. Stay home as much as possible. When you have to venture out, regularly wash your hands for at least 20 seconds; use alcohol-based hand sanitizer; cover your nose and mouth with a tissue when coughing or sneezing; and stay a couple of metres apart from others.

We also want you to rest a little easier knowing CAA Saskatchewan is here for you. Though our stores may be temporarily closed to walk-in customers, we encourage Members and clients to reach us online, by email or phone for roadside, travel,

insurance or membership needs. Visit caask.ca or call 1-800-564-6222.

Do you have future travel plans? Speak to an experienced travel consultant and always buy travel insurance and understand your policy coverage. Allow additional time for air travel or other modes of transportation. Pack important travel essentials, like a valid passport, health insurance card and extra prescription medication. And check the government's travel website at travel.gc.ca for important advisories.

At CAA Saskatchewan, our top priority is your safety. To speak to someone at the Saskatchewan Health Authority, see saskhealthauthority.ca. Visit canada.ca/en/health-canada to keep up with the latest information from the Government of Canada.

During this time, we know hope is essential. That's why we packed this issue with local fun, summer tips and inspiration for future getaways.

Please be safe, take care of each other and enjoy the comforts of home.

Pat Friesen
Chair, CAA Saskatchewan
Board of Directors

CAA
SASKATCHEWAN MAGAZINE

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BETTER HEARING

PLAY IT BY EAR

MAY IS BETTER HEARING MONTH—making it the perfect time to get your ears checked and learn more about high-tech hearing. Modern hearing aids have made incredible advancements and come a long way over the last decade. They're more user-friendly than ever. With technology advancements, such as Bluetooth compatibility, smartphone apps and rechargeable batteries, wearing a hearing aid has become a seamless and high-tech

experience. Better Hearing Month is the ideal time to find out about modern hearing technology and what it can do for you and your hearing—and CAA Rewards partner Connect Hearing is here to help. For a limited time, CAA Members save 20% on Select level technology at Connect Hearing. Book your free hearing test with one of their local hearing-care professionals today. To learn more, call 1-888-486-0177 or visit connecthearing.ca/CAA.



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Your CAA membership is there for you when you need us, wherever you are. If you're working from home, travelling to be with friends and

family or on the road in your RV, we're here for you. You can also use the CAA app, which travels with you and helps you stay connected. Create

an online account at caask.ca/MyAccount and you'll get access to:

- Membership renewal
- Account information
- Automatic renewal
- Roadside Assistance
- eBill
- eNewsletter and more!

CAR SHOWS

START YOUR ENGINES

CAA Saskatchewan proudly supports car shows around the province (events subject to change).

4th Annual RPS Vets & Regina Police Service Show and Shine
June 7: 1700 Block Osler Street

Saskatchewan Ford Mercury Club, Regina
June 7, July 12, August 9: Northgate Mall parking lot

Those Guys Car Show, Moose Jaw
June 20: Cruise Night, Town and Country Mall parking lot
June 21: Show and Shine, Wakamow Valley

Access Communications Show N Shine, Regina
September 7: Access Communications Community Park, presented by CAA Saskatchewan



CARFIT CLINICS

BETTER WITH AGE

Older drivers are often the safest drivers. But as we mature, age-related changes in vision, flexibility and strength can impact our skills behind the wheel. At a free 20-minute CarFit clinic, trained technicians work with mature drivers to adjust mirrors, seats, steering wheel and head rest. Occupational therapists also provide tips to help stay safe on the road. Learn more at caask.ca/carfit.

LAPTOP: FILADELDRON/ISTOCK; CAR: VAL HAGGERTY/ISTOCK

CAA CONTESTS

SHE SHOOTS, SHE SCORES

Weyburn's Carla Lillejord notched a "W" by winning the CAA Member Experience 2020 NHL All-Star Weekend Prize. A CAA Saskatchewan Member since 1969, Carla scored flights for two to St. Louis, four nights' accommodation, tickets to the NHL All-Star weekend, a behind-the-scenes tour and an autographed jersey, plus a \$500 RW&CO. gift card. As she sums it up: "I was pretty much awestruck during the entire trip!"



CAA REWARDS

SWEET DREAMS

Since opening its first Quilts Etc. store in 1992, QE Home has evolved from a family-run business into Canada's leading fashion bedding retailer. Today, the company boasts 75 stores and an in-house design team, which develops a range of products with options for every budget. CAA Members save 5% in-store and online (excluding gift cards).

SASKATCHEWANDERER

HAPPY TRAILS

2020 marks the 10th anniversary of the Saskatchewaner program. CAA is back in the driver's seat as the official vehicle sponsor, along with Conexus Credit Union as the title sponsor.

"We're very pleased to celebrate a decade with the Wanderer," says Fred Titanich, president and CEO of CAA Saskatchewan.

Congratulations to this year's Wanderer, Leah Mertz, and happy trails to her as she showcases our province as the best place to live, work and play.



From left: Fred Titanich; Hon. Gene Makowsky, Minister of Parks, Culture and Sport; Leah Mertz; Jacques DeCorby, Conexus Credit Union

Leah will be even safer behind the wheel thanks to CAA Saskatchewan, which provided a sporty vehicle, a CAA membership and gas vouchers to

fuel her journeys. Look for Leah at various CAA events in the coming year.

As Titanich says, "Let the excellent storytelling continue and happy trails

to Leah this year!"

To learn more about our new Wanderer and follow all of her many adventures, check out saskatchewaner.ca.



THE FUTURE OF DRIVING

A look at how automated vehicles will impact Canadian roads, today and tomorrow

BY WILLY WILLIAMSON

NOT THAT LONG AGO, self-driving cars could only be found in the pages of sci-fi novels. But automated vehicles (AVs) are no longer futurist fodder. In Canada, experts predict we're just 20 years away from fully autonomous vehicles ruling our public roads.

Most automakers already offer many automated features, including adaptive cruise control, lane-centering steering and enhanced communication and navigation systems. Though navigating countless studies and research about these features can be a daunting task.

That's why CAA developed a dedicated AV portal: caa.ca/avs. You can learn about the AVs of today *and*

tomorrow. You'll find information about automated technology and what's coming next, as well as benefits and possible pitfalls.

Driverless cars surely won't be perfect, but they are expected to do a much better job following the rules of the road than their human counterparts. Research shows driver error is a leading factor in vehicle collisions. The Conference Board of Canada predicts AVs will prevent 90 percent of traffic collisions.

Transport Canada also recognizes the potential of driverless cars to enhance safety, mobility and productivity. "In 2016, 1,898 people lost their

lives in motor vehicle collisions in Canada," says Minister of Transport Marc Garneau. In a statement outlining AV testing guidelines, he added: "It is our goal that automated vehicles, in time and in concert with other policy measures, will help us drastically reduce this number."

In addition to safety, mobility is another key benefit to automation. "Self-driving cars could create a world of possibilities for people who are otherwise not able to take the wheel, including the elderly and those with a disability," says Kristine D'Arbelles, senior manager of public affairs with CAA National. "Nearly three quarters of Canadians agree that AVs will improve accessibility for all."

Productivity is expected to increase as well. According to a report commissioned by CAA, every year Canadians spend more than 11.5 million hours stuck in traffic. Even a small reduction in daily commuting provides more time for work, family or leisure pursuits.

While this new tech increases safety and mobility, it likewise has a few downsides—namely privacy and driver complacency. Drivers must recognize that today's technology isn't a replacement for human skills behind the wheel. Driving still requires your full attention, including shoulder checks for blind spots, use of mirrors and careful lane changes.

Automated features collect reams of data about your movements and contacts—data that's estimated to be worth \$750 billion by 2030. "CAA believes that drivers should be aware of what is being collected and they decide who gets that data," D'Arbelles says.

The AV world is changing fast. To stay up to date about new tech and the latest developments, check caa.ca/avs. **CAA**

AV KNOW-HOW

Levels of automation and when we can expect them

LEVELS 0-1: 2005-2015

Driver controls the vehicle, but tech is there to help. Features include: cruise control, lane departure and forward collision warnings, blind-spot detection, emergency braking, lane-centering assist.

LEVEL 2: 2015-2020

Support driver with steering, acceleration/deceleration under specific conditions. Features include: automated lane-keeping and adaptive cruise control.

LEVELS 3-4: 2020-2040

Car can drive itself in some situations, but still relies on people to be attentive at the wheel. Offers driver controls, if human takeover required.

LEVEL 5: 2040-2050

Fully automated and may not even have driver controls. Vehicle can drive in any conditions without human intervention.



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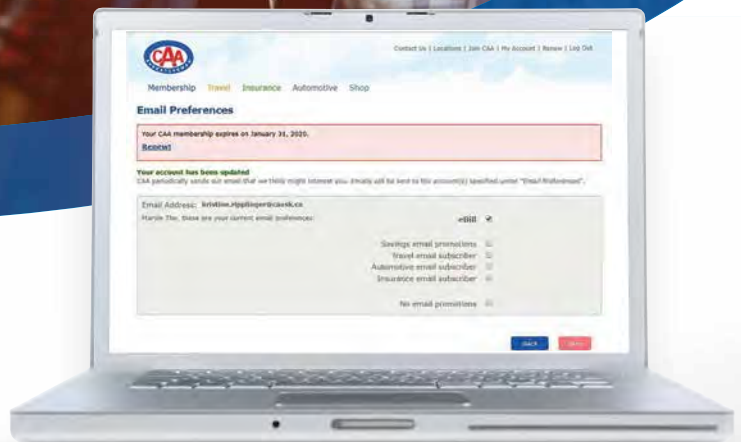
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Tally your score to determine your Health and Dental IQ.

Give yourself 10 points for each correct answer.

0-20 points **30-40 points** **50 points**
 Beginner Strong Learner Achiever

Now you know your Health and Dental IQ. And hopefully, a few more facts about the high cost of things not covered by your government health insurance plan. When it comes to protecting yourself against out-of-pocket health and dental bills, what you know could save you money!



¹ Survey of Household Spending, Statistics Canada
² High Costs Keep 6 Million Canadians From the Dentist Each Year, CTV News
³ The Effects of Oral Health on Overall Health, Health Canada
⁴ 1 in 5 Canadians suffer from Mental Illness, CAMH Source: CAMH
⁵ McMaster Optimal Aging Portal, "Is it time for a medication review? Many people take unnecessary meds," April 10, 2017.
⁶ Average life expectancy in Canada, Statista
⁷ Statistics Canada, Survey of Household Spending, 2017

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Question 1:

What does the average Canadian household spend on out-of-pocket health and dental expenses in a year?

- a) \$3,320 b) \$1,550 c) \$2,250

The average Canadian household spends in excess of \$2,250 on out-of-pocket health and dental expenses per year. This includes prescription drugs, eyewear, dental care, registered therapists such as massage and psychologists, and more.¹ CAA Health & Dental Insurance can help reduce your out-of-pocket health costs.

Question 2:

How many Canadians avoid going to the dentist each year because they can't afford it?

- a) 2 million b) 6 million c) 4 million

High costs keep over 6 million Canadians from going to the dentist each year.² This can have a very negative effect on more than just our teeth. Poor oral hygiene has also been linked to gum disease, chronic pain, heart attacks, stroke, digestive problems and more.³ CAA Health & Dental Insurance can help reduce your out-of-pocket health costs.

Question 3:

What percentage of Canadians will be affected by mental illness in their lives?

- a) 7% b) 40% c) 20%

Mental illness is a common and treatable condition affecting 20% of Canadians. In the past, people with mental illness suffered in silence, but today efforts to destigmatize it are changing that.⁴ CAA Health & Dental plans can help with the cost of registered therapists, like psychologists and marriage and addiction therapists.

Question 4:

What is the average life expectancy in Canada?

- a) 82 b) 91 c) 86

The average Canadian is now expected to live to 82.⁵ The longer we live, the greater the odds we'll need prescription drugs to treat many of the conditions of older age, like high blood pressure, high cholesterol and allergies.⁶ Home care and in-home nursing may also be required. CAA Health & Dental coverage can help offset these costs.

Question 5:

How much does the average Canadian spend per year on dental care?

- a) \$150 b) \$310 c) \$430

The answer is \$430. Depending on the CAA Health & Dental plan you choose, you can have coverage from 70% to 100% for basic dental services.⁷

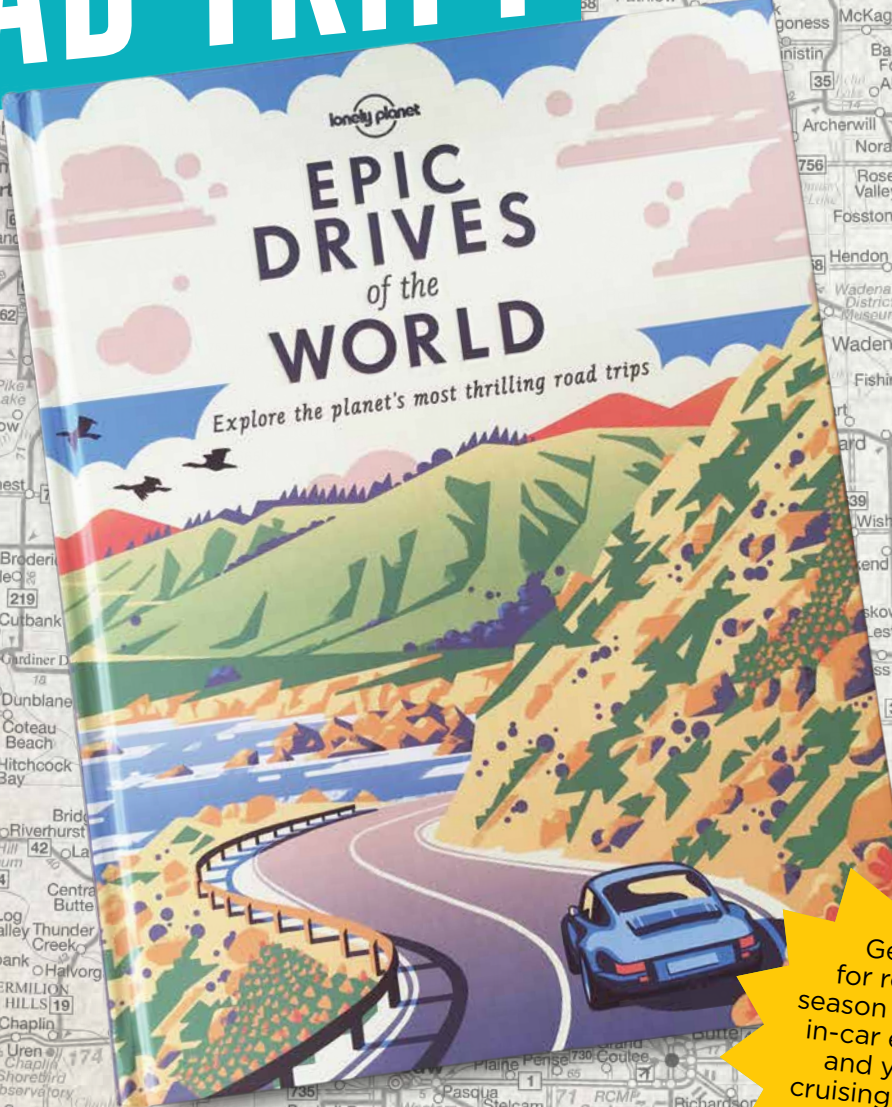
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THE GUIDE

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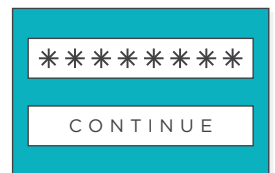
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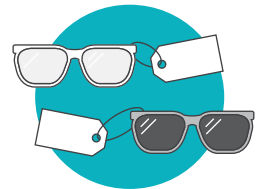
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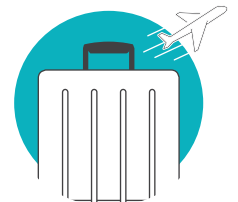
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Summer Driving Tips

1. Plan travel routes in advance and share with friends and family.
2. Buckle up. Ensure seat belts are used by all occupants. Children must be properly secured in car or booster seats.
3. Drive according to weather and road conditions.
4. Slow to 60 km/h on Saskatchewan highways for working tow truck operators and first responders. It's the law.
5. Be alert. Eliminate driver distractions.
6. Remember CAA Roadside Assistance is available, 24/7, 365 days a year.

caask.ca/safety



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SOUND ADVICE

The clunks, clicks and squeaks that may be disturbing your smooth, quiet ride

BY CRAIG MOY



IT'S A VEHICLE OWNER'S worst nightmare: a repetitive click, whine or clunk when you drive. You may not know what it means, but you should know to get it inspected by a pro. "Always go in with a detailed explanation about what the sound is and when it's happening," says Scott McIntyre, vice-president of automotive services at CAA Saskatchewan. "That way, the mechanic knows what to listen for." Here, McIntyre breaks down some of the parts that could be giving you a headache.

DRONING

Packed in grease, wheel bearings reduce friction so your wheels can spin without generating excessive heat. They typically last at least 100,000 km, but can fail earlier if you often drive aggressively or carry heavy loads. When that happens, you'll hear a constant droning that changes pitch depending on your speed. Once damaged, modern sealed bearings must be replaced; they can't be repaired.

KNOCKING OR CLUNKING

As part of a vehicle's suspension, the strut assembly incorporates shock absorbers and springs to provide a smoother ride. When a strut starts to wear down or leak, ride quality deteriorates and you may hear a knocking or clunking when you drive over bumps. That's the strut "bottoming out." Struts are integrated with the suspension system, so replacing them requires specialized tools and can be labour intensive.

CLICKING

In front-wheel drive vehicles, constant velocity (CV) joints connect the drive shaft to the transmission and wheels. CV joints are fairly hardy, but if the protective boot that they're encased in cracks or tears, then moisture or debris from the road can penetrate and corrode the joint. If you hear clicking when you make a hard turn or acceleration, then that could suggest a problem.

SQUEAKING OR RATTLING

Washer-like bushings control the amount of movement between parts and help absorb road vibrations. Over time they can break down; the resulting metal-on-metal contact causes squeaking, clunking or rattling sounds, particularly when you're cornering or if you drive over a bump. Bushings are inexpensive to replace, but their failure may indicate that the part they're attached to is nearing the end of its lifespan.

SQUEALING

Your vehicle's rubber serpentine belt snakes around multiple pulleys to power many components—from the alternator to the A/C compressor. It should last 100,000 km or more, but eventually may crack, or pieces of the inside rib might peel off. Squealing can mean your belt is losing tension and starting to slip. Get it inspected: If the belt breaks, your car will stop working and the engine may incur damage. **CAA**



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DO YOUR HOMEWORK

Five ways to make sure you get the best price on home insurance



WHETHER YOU LIVE IN A HOUSE, condo or apartment, home insurance is a fact of life. It protects your dwelling and its contents in the event of fire, flood or theft. But there are simple ways to keep your premiums in check. For more information, visit caask.ca/insurance.

EXTRA CREDIT

Check your credit score: Some carriers offer a discount for a good one, while others won't even offer insurance without credit scoring. Your potential savings vary depending on the insurance provider, but a general rule of thumb is the better your credit score is, the greater the possible discount.

THE RIGHT RENOS

Make sure your home is in good working condition—and that any reno work is done to code. New shingles and updated plumbing, electrical and heating are especially important in older homes. Such repairs can help provide better rates—and with some carriers, they're necessary to even qualify for coverage.

ALARM BELLS

Install a monitored security and fire alarm system in your abode. Home invasion rates are on the rise across Canada. So a monitored burglar alarm can go a long way toward helping ensure your safety. These systems can also reduce your annual house, condo or tenant insurance premium by up to 15 percent.

MIND THE WATER

Water damage claims can drive up the cost of your premium. To help prevent them, have a plumber install a backwater valve, which is attached to the main service line, or set up a sump pump with a battery backup. You should also make sure the grade of the property outside your home slants away from its foundation.

MORE FOR LESS

To lower your monthly payments, set a higher deductible—the amount you pay out of pocket in the event of damage, before insurance coverage kicks in. If you can afford to pay for small damages, you'll save in the long run. But be careful not to set a deductible so high that you'd struggle to cover the cost if the time comes. **CAA**



HOW TO

PREP, CLEAN AND SAFELY USE YOUR BARBECUE

EVEN THE BAREST HINT of warm weather is enough to get Saskatchewanians firing up their grills. But as the season of al fresco dining begins, it's important to get reacquainted with your barbecue. Pull out the owner's manual and perform any manufacturer-recommended maintenance, give everything a thorough cleaning and then follow our tips to grill safely and deliciously all summer long.

BY CRAIG MOY

PREP



1 Ensure the barbecue is at least one metre from your house, fence, awnings, tree branches or other flammable objects.



2 To help prevent food sticking to the grill, brush some vegetable oil onto the grates and preheat for about 10 minutes.



3 Get your charcoal grill going with a chimney starter (following manufacturer's instructions). It's safer than lighter fluid.



4 For slower, gentler cooking by indirect heat, keep a section of grill with the burner turned off or with no charcoals beneath it.



COOK



DO open the lid before igniting your barbecue.

DON'T lean over the barbecue as you light it.

DON'T barbecue in a garage or other enclosed space.

DO use long-handled utensils and oven mitts when cooking.

DON'T wear loose clothing that could potentially catch fire.

DO keep children and pets away from the barbecue.

DON'T leave your barbecue unattended—drippings from meat can cause dangerous flare-ups.

DO keep a home fire extinguisher (or in a pinch, baking soda) nearby in case of fire.

DON'T forget to turn off the gas line or propane tank when you're finished cooking.

CLEAN UP

BEFORE FIRST USE



CLEAN ALL COMPONENTS of the barbecue, including burners, cook box and exterior. Remove grates and wash with light dish detergent.



USE A PIPE CLEANER to clear venturi tubes (connecting control valves to burner) of blockages caused by spiders or insects.

CHECK FOR LEAKS by spraying soapy water on gas supply lines and connections. Slowly open gas valve. If you see bubbles (indicating a leak), turn off gas, tighten connections and retest. Contact the manufacturer if leak persists.



AFTER EACH USE



REMOVE FOOD PARTICLES from grates and racks while they're still warm using a pumice stone or wooden scraper. Don't use a steel-bristled brush. The fibres can fall off, stick to grates and end up in your food.

AS THE GRATES COOL, wipe them with a damp cloth.

IF YOUR BARBECUE has cast-iron grates, you can re-season them by rubbing on a thin layer of vegetable oil.

ONCE COALS COOL, dispose of ash and spent coals in a lidded non-combustible (i.e. metal) bucket.



EVERY 4 TO 6 USES



SLIDE OUT THE DRIP PAN and grease tray and scrape away any accumulated gunk. If your barbecue has a disposable grease tray, replace it with a new one.

REMOVE the reverse V-shaped heat plates (a.k.a. flavourizer bars) and scrub them with warm soapy water. Be sure to towel dry completely before reinstalling. **CAA**



THESE AREN'T YOUR GRANDMA'S BROWNIES.

An edibles
high can hit
you by surprise.
If you've
consumed,
don't drive.



DRIVING
HIGH
IS A DUI.



**HERE
TO HELP**

CAA Travel Consultants can answer all your questions about safety, advisories, travel insurance and much more

CAASK.CA/TRAVEL

SHOULD I STAY OR SHOULD I GO?

*What you need to know about
Canada's travel advisories*

BY JENNIFER ALLFORD



OVER THE PAST FEW MONTHS, travelling has become more challenging than ever. Pandemics, geopolitical events and erratic natural occurrences require travellers to be especially alert. It's essential to be aware of any risks. The Canadian government compiles a list of Travel Advice and Advisories: travel.gc.ca/travelling/advisories. They're organized in four levels: from low-risk countries to more dangerous places.

**WHO SETS THE
ADVISORIES?**

Global Affairs Canada monitors world events, collects reports on safety and security from different sources, and analyzes trends that affect travellers. Its Travel Advice and Advisories are regularly revised if security conditions change. Ultimately, it's always your decision whether to travel or not.

**NORMAL SECURITY
PRECAUTIONS**

An advisory that applies to safe countries. It underscores good old-fashioned common sense, like paying attention to your surroundings. If something comes up—like Australia's bushfires—further info will be posted. It also reminds Canadians they are responsible for healthcare expenses while travelling.

**HIGH DEGREE
OF CAUTION**

Exercise extra vigilance when travelling to countries with "identifiable safety and security concerns," including Mexico and Ecuador. Keep an eye on the local news and listen to local authorities. Turkey's on the list because it borders Syria, while the Bahamas is mentioned due to some high-crime areas.

**AVOID NON-
ESSENTIAL TRAVEL**

This includes countries seriously affected by the COVID-19 pandemic, as well as nations like Nigeria and Iran that are deemed to have "specific safety and security concerns." Though "non-essential" is subjective, you should reassess travel to these regions. If you're already there, consider leaving.

**AVOID
ALL TRAVEL**

An advisory for countries like Syria, Somalia and Afghanistan where there is extreme risk to your safety due to war, conflict or terrorism. Don't go! If you're already there, get out immediately by contacting the nearest Canadian embassy. If you ignore a government-issued travel advisory, it could impact your travel insurance.

**OTHER
INFORMATION**

The Travel Advice and Advisories website also includes details about local customs, climate and health concerns—malaria or measles, for example. Read up as you plan your trip and check the site again before you travel. You can also register to be notified of any emergency at home or in your destination. **CAA**



PIERDELUNE/STOCK



RV PREP GUIDE

Hitch Up

*Jumpstart your
road trip plans by giving
your RV some TLC*

BY KELLIE DAVENPORT & CRAIG MOY

WARMER WEATHER means one thing to RV-loving Saskatchewanians: Camping season is just around the corner! But before you hit the open road, brush up on a few pre-summer pointers, from maintenance to renovations. »



Tune-up Time

Seasonal maintenance is vital when it comes to RVs

“THE LAST THING you want is to be stuck out on the highway with a flat tire or some other breakdown,” says Scott McIntyre, vice-president of automotive services at CAA Saskatchewan. McIntyre knows “you just want to get to your campsite and not have to worry about a thing.” Whether you have a trailer or motorhome, a little upkeep now goes a long way when you’re on the road later.

INTERIOR

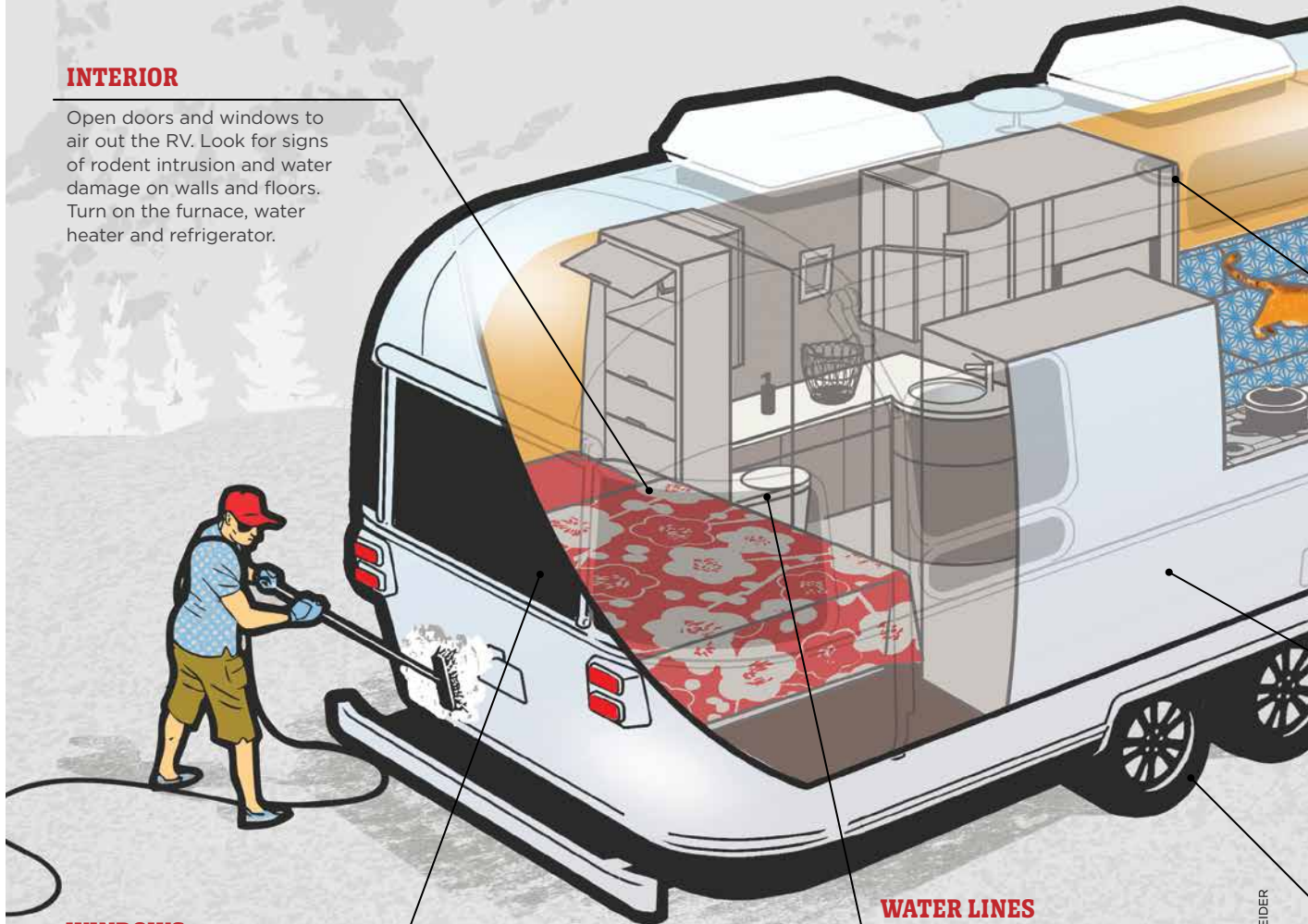
Open doors and windows to air out the RV. Look for signs of rodent intrusion and water damage on walls and floors. Turn on the furnace, water heater and refrigerator.

WINDOWS

Inspect frames, seals and ledges—from both interior and exterior sides—for any signs of water damage. Reseal or repair holes and leaks. For more extensive damage, consult a certified RV technician.

WATER LINES

Since you likely used non-toxic RV antifreeze when winterizing the unit, you’ll need to flush out the lines. Turn on the water pump and all faucets, indoors and out. Allow them to run a few minutes to purge the antifreeze.



The Right Coverage

Make sure you've got a CAA RV membership so you're covered if you run into trouble on the road. With **CAA Plus RV** or **Premier RV**, you get all the benefits of Plus or Premier memberships, which include up to 160 kilometres of towing in the event of an RV breakdown.

The service covers dual-wheel pickup campers, raised-roof vans, motorhomes and recreational trailers (including, but not restricted to, fifth wheel trailers) per breakdown for qualifying vehicles.

CAA Plus is \$127 for a primary membership, with **RV coverage** for just \$31 more. It's money well spent for peace of mind down the road!

EXTERIOR

Start with a thorough visual inspection. Closely examine tires; head/brake lights; hitch; seams, vents and windows for leaks; hydraulic jacks and awning (if applicable).



PROPANE

Propane tanks have a shelf life: They need to be recertified every 10 years. Make sure yours isn't expired and ensure you have a functional propane detector, in case of potentially fatal leaks.

DETECTORS

Check all smoke and carbon monoxide detectors. And be sure you have operational fire extinguishers, which typically last up to 15 years. If there's no expiry date or inspection sticker, test the handle and nozzle: If they're wobbly or cracked, get a new one.

BATTERY

Like tires, battery power diminishes while an RV is inactive. If you removed the battery for the winter season, make sure it's fully charged before reinstalling it. If the battery remained in your RV, check its charge.

TIRES

RV tires can lose two to three PSI every month while sitting over winter. Use a tire pressure gauge and check your owner's manual to see how much air you should add.

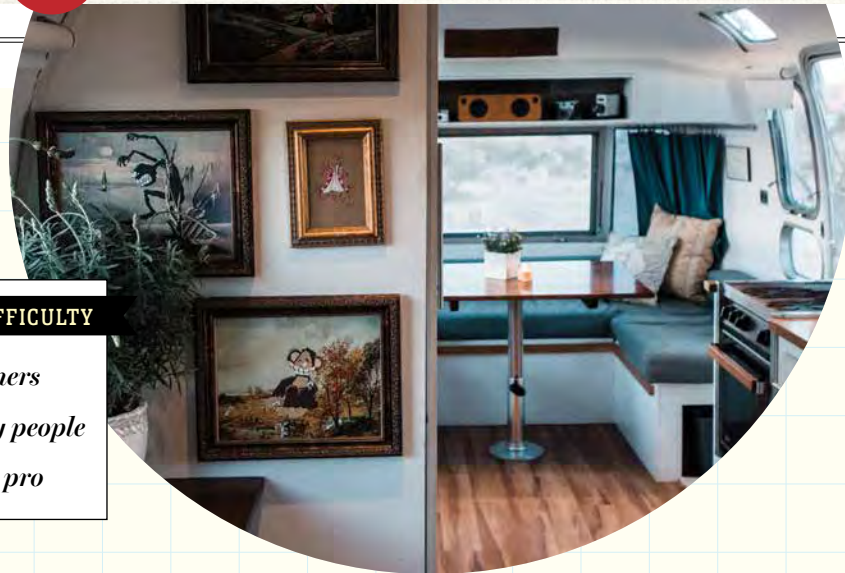


Did you know?

Research shows that more than 9.1 million households in Canada are "camping households," with one or more people who camp at least occasionally.



RV PREP GUIDE



LEVEL OF DIFFICULTY



Beginners



Handy people



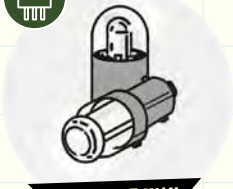
Hire a pro

Renovate your Ride

Make your RV safe, comfortable and energy-efficient

DOES YOUR RIG need a makeover? While it's tempting to do it all yourself, some jobs require professional expertise. A recreation vehicle service technician is a designated, apprenticeable trade in Saskatchewan. They inspect, diagnose, service, repair, replace and overhaul all systems

and components on recreation vehicles. There are so many moving parts—and a pro knows them all, top to bottom. Techs are trained to work on everything, from flooring and cabinets to plumbing and electrical. Check out some DIY fixes—plus some jobs better left to a pro.



LIGHT THE WAY

Switch to LED bulbs in all fixtures—they consume less power but produce more light.



GO HIGH-TECH

Install a wireless RV backup camera to navigate campgrounds. Add solar panels: They're cost-effective, eco-friendly and easy to maintain.



GET FLOORED

Install laminate flooring—the floating installation doesn't require adhesives or fasteners, which can shift in a moving vehicle.



DIY DECOR

A few small things can make a big impact: Apply chalkboard paint to a dated fridge front; update cabinet hardware or spray paint old pulls.



NEW HUES

Apply a fresh coat of paint: light colours instantly brighten up the space. To define the living or sleeping area, paint one wall a darker hue.



GRAB A SEAT

Cushion covers get very tired, very quickly. Reupholster seating using indoor/outdoor fabric for added durability.



PLUMBING & ELECTRICAL

Get an inspection to locate internal electrical or plumbing issues you can't see. Your service tech will recommend repairs or upgrades.



INSURE IT

A reno may impact your coverage limit, so notify your insurance provider. For RV insurance, contact CAA Insurance: caask.ca/insurance.

? Did you know?

It takes 4,800 hours of technical instruction and on-the-job training to become a certified recreation vehicle service technician in Saskatchewan. **CAA**



GO. RELAX. WE'VE GOT THIS.

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PLANNING
TODAY!**



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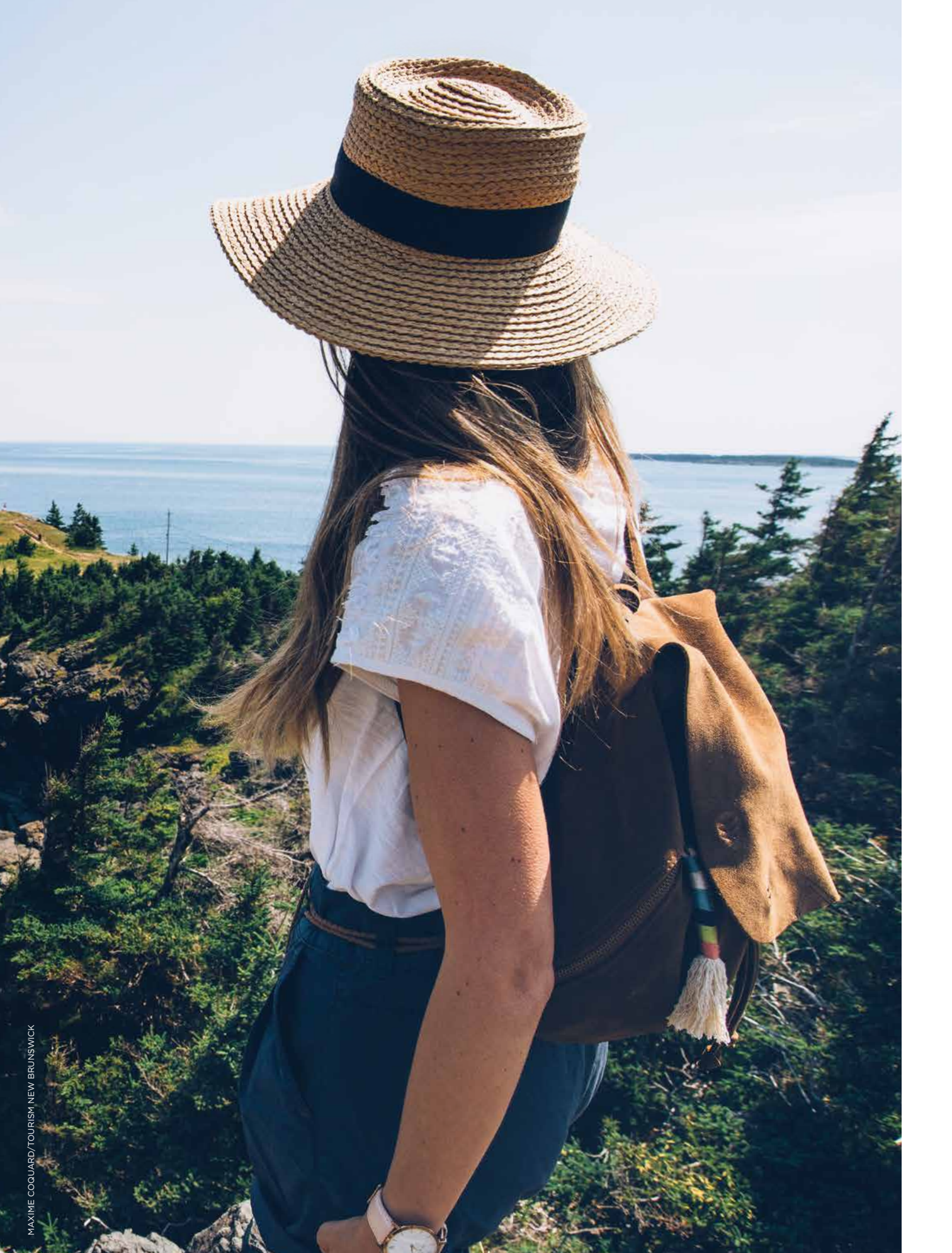


The
COAST
is
CLEAR

**EXPLORING LEGENDS,
LORE AND FAMILY ROOTS
IN NEW BRUNSWICK**

By **JENNIFER ALLFORD**

Swallowtail Lighthouse on
Grand Manan Island



L

LEGEND SAYS the Saint John River formed when the God-like Glooscap approached a frog monster that was hogging all the

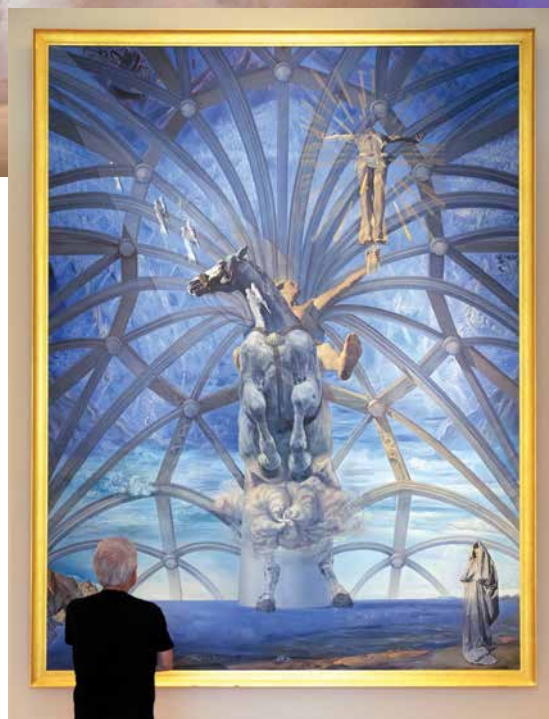
water. Glooscap cut down a tree, which fell on and killed the greedy amphibian, allowing the water to run and create the Maliseet First Nation.

Cultural interpreter Cecelia Brooks tells me the origin story as we walk through Fredericton's Odell Park, near the river. Today, Glooscap's water wends its way from Maine to the massive Bay of Fundy, home of the highest tides in the world.

I'm following the river's route to explore New Brunswick's natural delights—and to learn about a few human ones, including Salvador Dali, a railway baron, a saucy stone carver and my very own great-grandfather.

My road trip begins on a sunny afternoon with Brooks, her son and grandson, plus a pinch of tobacco. "To offer back to the forest," Brooks says. "It's a prayer." I carefully set the tobacco under a branch. During our walk in the woods, we spot medicinal plants, which kept locals healthy for millennia, and hear about the days when hundreds of Maliseet birchbark canoes plied local waterways.

One such canoe, the *Grandfather Akwiten*, took a rather large detour on its way to the Beaverbrook Art Gallery in downtown Fredericton. In 1825, a wealthy British officer shipped the cargo canoe to his castle in Ireland. When the Irish famine hit, he lost his fortune trying to keep people fed. After he died, the canoe ended up at



Dali's *Santiago El Grande*

CANOE: HEMIS/ALAMY; ART: FORGET PATRICK/ALAMY

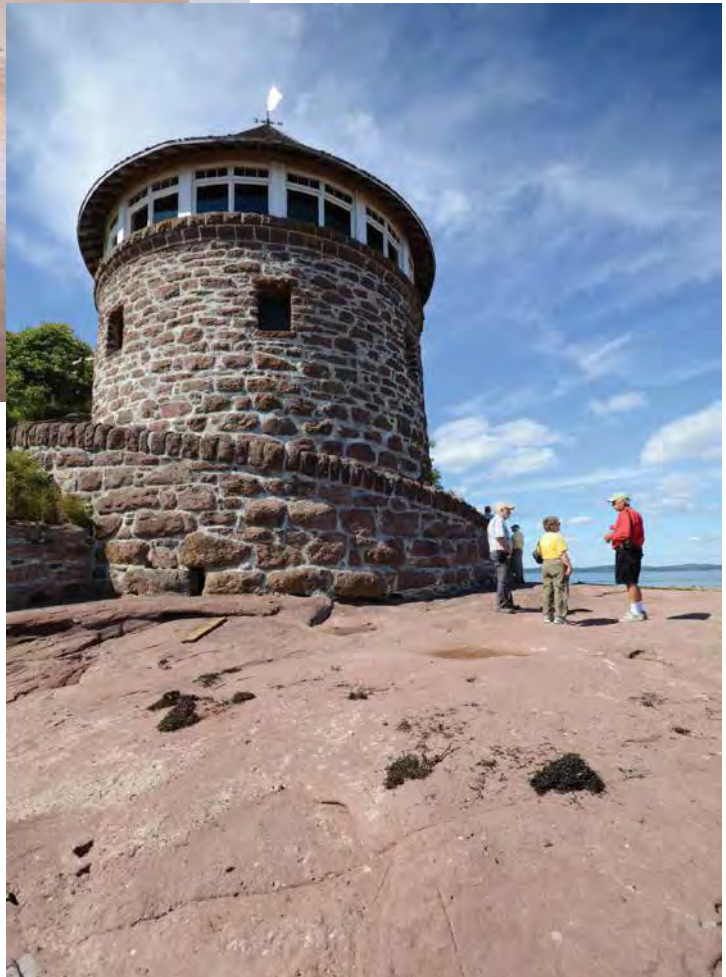


*Grandfather Akwiten canoe
at the Beaverbrook Art Gallery*

Interpreter Cecelia Books in Odell Park



The bath house at Ministers Island



the National University of Ireland in Galway—where it sat, all but forgotten, for more than 150 years. In 2003, a professor at the university sent the canoe to Canada for restoration and repatriation.

The vessel, the oldest birchbark canoe in existence, will eventually move across the river to the Maliseet First Nation of St Mary's. For now, the six-metre boat is the first thing you see upon entering the gallery. "It's a sacred item," says guide Gerry Rhymes, "whose longevity resulted from the unintentional neglect of the »

BROOKS: JENNIFER ALLFORD; TOWER: ROBERT BIRD/ALAMY



SEE IT WITH WESTWORLD TOURS

MARITIMES

FLY & COACH AND ALL-COACH

Cover everything on your East Coast bucket list with these guided tours. Explore the best of New Brunswick: the flowerpots of Hopewell Rocks, Bay of Fundy's impressive tides and the historic charm of Ministers Island. Tours also include scenic stops in Nova Scotia and P.E.I.

AUGUST & SEPTEMBER DEPARTURES

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Flowerpot rocks at Fundy National Park

university and Ireland's dampness."

As we walk through Beaverbrook's impressive collection, Rhymes spills plenty of entertaining details about the renowned artists and their works. "I could go on for days," he says, and I believe he would, if given the chance.

At Salvador Dali's giant masterpiece, *Santiago El Grande*, Rhymes tells me to lie on the floor to get the proper perspective of Saint James riding

a white stallion. I grin as the guide points out an atomic explosion and other deliciously bizarre symbolism.

I GRIN AGAIN the next day while driving across the ocean floor at low tide. My GPS shows me traversing the blue water between Saint Andrews by the Sea and Ministers Island, where rail tycoon

William Van Horne once summered.

In the 1880s, the industrious Van Horne oversaw construction of the railway and iconic hotels such as the Banff Springs—along with an island mansion, impressive farming operation and swimming pool on the beach (it filled and emptied with the tide).

Still chuckling about my “walk on water,” I go whale watching when the tide comes in. Aboard the *Jolly Breeze*, a high-speed zodiac, I spot Cork, a humpback that also likes to summer here. Harbour porpoises frolic around the boat as the whale waves her fluke.

On the ride back to Saint Andrews, we stop at the Old Sow, the world’s second largest whirlpool, formed by the rising tides.

Next up: the ferry for Grand Manan Island. Approaching the harbour, we glide past Swallowtail Lighthouse, erected in 1860 following a shipwreck off the northern tip of the island.

After docking, I head to the idyllic Inn at Whale Cove Cottages. Proprietor Laura Buckley’s mom—a fifth generation islander—ran the place for

decades. Over the years, she named rooms for regulars, like Eloise Derby, who stayed every summer for 50 years. “She wintered in Paris and came here until she was 96,” Buckley says. As you feast in the dining room, note the decades-old photos of various guests lining the walls.

I dive into my own family history in Saint John. Though it’s my first visit to the former shipbuilding hub, my grandfather, Sandy Ross, grew up here. Walking next to rows of Victorian buildings, I wonder about his life here, before he left for World War II and later settled in the Prairies.

I suspect Grampa, a bit of a card, got a kick out of the odd stone faces peering down from Chubb’s Corner. Carved in 1878, they appear to mock civic leaders of the day. A newspaper editorial slammed the stone carver for his “buffoonery” and I bet my *great-grandfather*, the Reverend Ross, would have concurred. He appears rather stern on the signage marking a little park in East Saint John that’s partly named for him.

ANCESTRAL PILGRIMAGE

A and obligatory selfies complete, I head east for some kayaking in St. Martins. “We have a truly beautiful playground here in New Brunswick,” shouts my guide, Thomas-René Dupont, from the back of the kayak as we paddle out to explore sea caves.

After about an hour, we haul up at the base of a massive cliff to enjoy smoked salmon and other local goodies. Soon, rising waves start to crash into the rocky shore. “That’s high tide,” he says. “The waves will lessen in a few minutes.”

Back in the kayak, we see tour buses from cruise ships docked in Saint John driving the new 30-kilometre Fundy Trail Parkway. Though the road will eventually snake all the way along the coastline to Fundy National Park, for now it’s an out-and-back drive to UNESCO-designated sites and dozens of trails, waterfalls and flowerpot rocks carved by the tides. The most famous flowerpots are a couple hours east at Hopewell Rocks.

At low tide, the flowerpots look like giant heads with trees for hats and dark seaweed collars. Legends claim they’re Mi’kmaq who were turned to stone by angry whales. I can’t help but wonder whether they talk to each other when we’re not around.

Standing atop a lookout, I marvel at the invisible line keeping 160 billion tons of water back from the mud fields now glistening in the sun.

There’s more tidal action in Moncton. Twice a day, every day, water from the Bay of Fundy rushes up the Petitcodiac River causing a giant wave (tide times are posted daily). In Bore Park, a pretty down-town pathway running along the river, people come early to chat and wait. But we all stand silent as the wave rushes toward us.

“You don’t see that where I’m from,” I say to a fellow tidal watcher. As I walk away along the river, a jogger stops and asks me, more than a little astonished: “What *was* that?” Turns out, he’s visiting from Grande Prairie. As I explain the wonder of the tides, we smile at each other—just a couple of western Canadians bowled over by New Brunswick. **CAA**



The author’s grandpa, Sandy Ross; Chubb’s Corner in Saint John (right)





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WEEKENDER

Neighbourhoods | Local Fun | Things To Do

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*Make the most of warmer
weather around Saskatchewan
at unique festivals,
outdoor attractions and
mouth-watering markets*

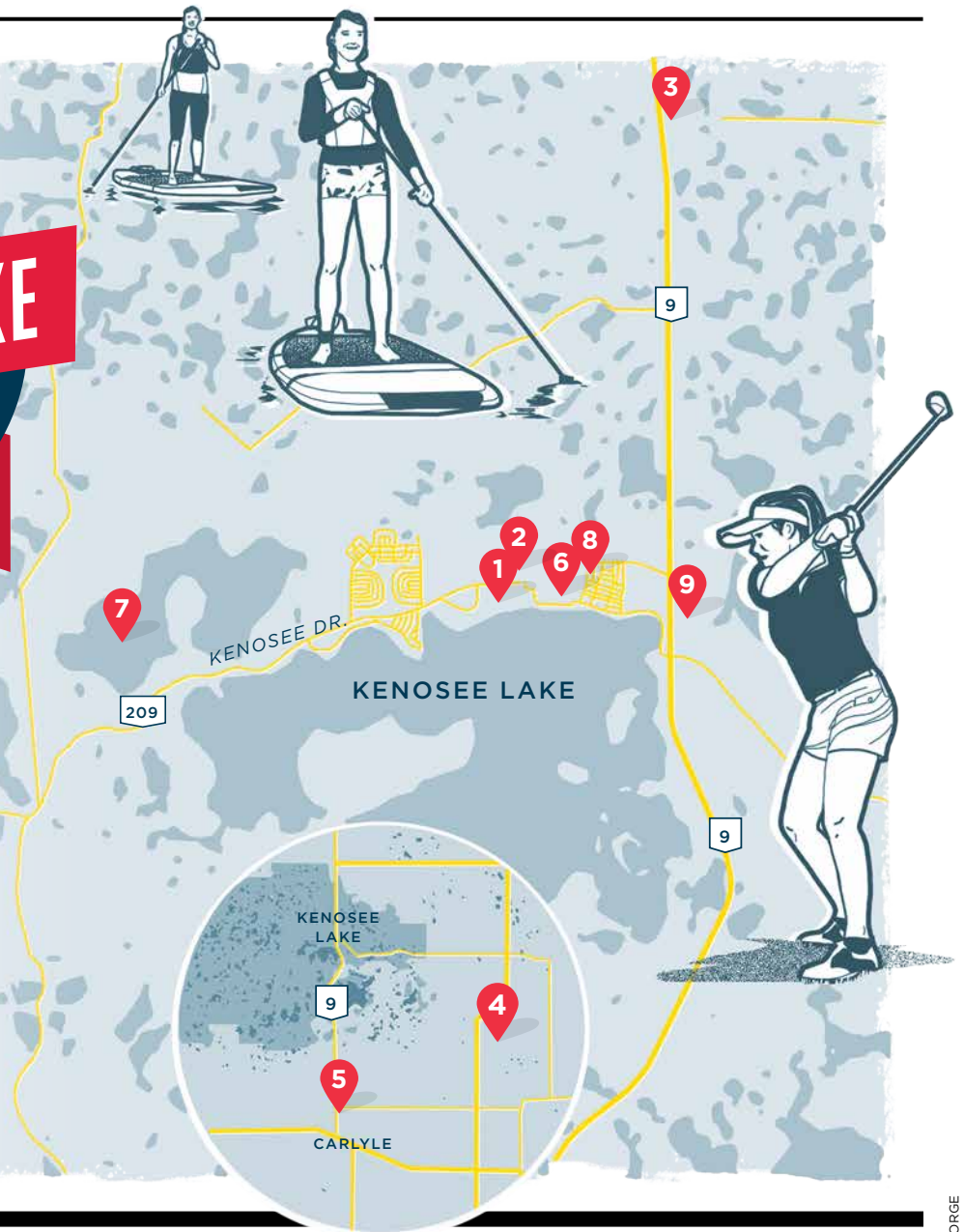


KENOSSEE SUPERSLIDES

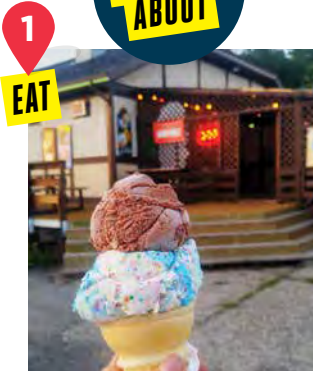
KENOSEE LAKE

BY ASHLYN GEORGE

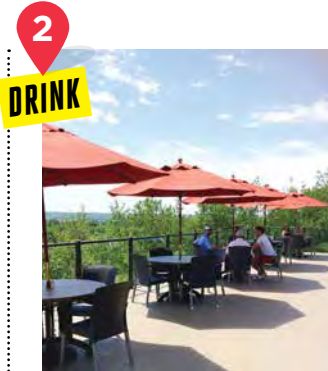
ONE OF ONLY a few townsites located within a provincial park, this southwest gem offers more than 50 kilometres of hiking trails, a farmers' market and big-screen movies under the stars. It's truly a breath of fresh prairie air.



OUT AND ABOUT



The ice cream at **Allison Park Store** is legendary. Since 1913, it's been *the* place to go in Kenossee for a cool treat on a hot day. Today, the shop offers inventive flavours and superb soft serve. *Poplar St.*



Set on a plateau amidst a southern Saskatchewan forest, **Club 19's** restaurant patio is the perfect setting for an après-golf beverage while taking in a view of the links. *Golf Kenossee*



The iconic **Red Market Barn** boasts some of the freshest garden-grown and handmade products you can get in the province, alongside live musical entertainment. *Saskota Flyway*



The past comes to life at the original townsite of **Cannington Manor Provincial Park**. Costumed interpreters reenact the daily life of 1880s farmers and fur traders. *SE of Hwy. 603*

ILLUSTRATIONS: JASON SCHNEIDER; ICE CREAM, BARN, DRIVE-IN, CHALET: ASHLYN GEORGE

PARKS & REC

Surrounded by birch, poplar and maples trees, Moose Mountain Provincial Park makes it easy to embrace outdoor living



5

DATE NIGHT AT THE DRIVE-IN

For more than two decades, Ray and Frances Boutin, along with their daughters, have managed Carlyle's Prairie Dog Drive-In, one of Saskatchewan's last remaining drive-in movie theatres.

What do you love most about operating the drive-in?

The seasonal aspect of it: We're always thrilled to fire up the movies every spring as it's a sign that summer's on its way. People who

visit the area are quite excited as well; it's such a nostalgic piece of Saskatchewan's past.

What makes the drive-in experience so special?

Being under the open sky and having your own

space to watch a movie is something really unique. You can cuddle with your family or jump in the back of a truck to watch while enjoying the great outdoors. It's especially beautiful at twilight when the sun goes down or if there's a lightning show in the distance.

Got any tips for comfy movie-watching?

We always recommend backing in your vehicle and opening the hatch. Wear your pyjamas and layer pillows and blankets to really snuggle up. Or you can bring lawn chairs to socialize with others and watch outside your vehicle.

The Boutins welcome moviegoers



6

Saddle up and enjoy the park's scenic backcountry with **Kenosee Lake Riding Academy**, which offers hour-long guided trail rides through the forest.



7

Ply the waters of **Little Kenosee Lake** by canoe, kayak or paddleboard. Rent a boat at the stately stone chalet, which doubles as the park's visitor centre.



8

Explore one of three main **hiking trails**: Birch Forest, Peninsula and Beaver Lake. They range from two to over six kilometres and are suitable for all ages.



9

Kenosee Superslides is Saskatchewan's only outdoor waterpark. There are ten heart-pumping waterslides—including three for younger kids—plus a 243-metre-long lazy tube canal. **CAA**

SUBJECT TO CHANGE

Due to social distancing, some sites and festivals may be closed or cancelled. Always check ahead before making plans

BEST OF THE FEST

Celebrate summer with delicious food, music and outdoor fun across Saskatchewan

BY NAOMI ZUREVINSKI



GLADIOLA FESTIVAL

IN FULL BLOOM

SUMMER'S STUNNING COLOUR palette takes centre stage at **Black Fox Farm and Distillery**, just outside Saskatoon. The farm hosts summer flower festivals every August,

including events dedicated to gladiolas and sunflowers. (Exact dates will be determined in June, once gardeners pinpoint peak growing windows.) Black Fox co-owner Barb Stefanyshyn-Cote says the festivals are a joyful celebration of what's growing outside. "The sheer quantity of flowers warms the heart. We have acres of flowers, so you're literally surrounded by nature." The Gladiola Festival features

20,000 blooms in a wide range of bright colours, while the Sunflower Festival showcases 6,000 sunflowers in buttercream, chocolate and the traditional sunny yellow. The events also feature live music, farm tours, a small market of local vendors and a chance to sample beverages from the distillery. "Festivalgoers can pick a beautiful bouquet of flowers to take home too," Stefanyshyn-Cote adds.

BERRY DELICIOUS



Summer harvest is in full swing at Mortlach's **Saskatoon Berry Festival (June 27)**, where you'll find Saskatoon berry everything. Join in the family fun with a parade, local vendors, music and, of course, a slice of homestyle Saskatoon berry pie.

MAKING MUSIC

Sing along to summer's melody with local artists and musicians

Celebrate four of the longest days of the year with live outdoor music at Swift Current's **Long Day's Night Music Festival**. *June 18-21*

Find a partner and swing into summer at the **Northern Lights Bluegrass and Old Time Music Festival** at Ness Creek. *Aug. 14-16*

Take in lush greenery, beach views and family fun as you listen to live music at Waskesiu's **Lakeside Music Festival**. *Aug. 28-30*

LOADED FESTIVAL PEROGIES

Any Saskatchewan event worth its weight features these buttery potato pockets. Here's how you can cook up some festival fare at home



1. Boil frozen or homemade perogies for about 3 to 5 minutes (they're done when they float to the top).



2. Fry up some bacon until it's nice and crispy.



3. Finely chop a few mushrooms and onions; brown in pan with butter or oil.



4. Remove cooked perogies from pot and add to the pan with onion mixture. Add more butter and fry everything up.



5. Once the perogies are crispy, put them on a plate and crumble cooked bacon overtop.



6. Load up with sour cream, fresh chopped green onions and other tasty toppings. Dig in!

ALL IN THE FAMILY

Experience community festivals that offer a little bit of everything, perfect for families and kids



Visit charming Moose Jaw for its **Sidewalk Days Festival** (*July 2-4*). The downtown comes alive with vendors selling local food and goods, plus a children's village full of entertainers, inflatables and other amusing diversions. The sky's the limit at this festival, as the Moose Jaw Snowbirds fly down Main Street.



Soak up community spirit at Gravelbourg's **Summer Solstice Festival** (*June 19-21*). The all-ages event showcases multicultural performers, in addition to a bustling street fair, children's activities and a dance party with live music on Main Street. **CAA**

HOW DOES YOUR GARDEN GROW?

Saskatchewan Instagrammers' windowsill succulents, backyard blooms and harvest-ready veggies

Got a great photo? Post it on Instagram and tag it **#CAASask** for your chance to be featured in the next issue



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@shifting_roots



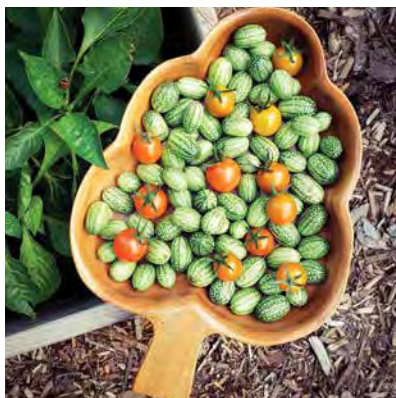
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