

CAA

MAGAZINE

- CAA's back-to-school guide
- Advice on buying a new or used vehicle
- For the love of bees

FALL 2023

RETURN TO ROME

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FALL 2023

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New School Year, More Savings

HELLO, VALUED CAA MEMBERS and those who have yet to be Members! As a [top trusted brand in Canada](#) for seven years and as Canada's number one trusted brand in insurance services for the past five years, I'm proud to say CAA has a lot to offer Saskatchewan's 185,000 Members with discounts, savings, benefits and much more. We are proud to serve non-members as well with our lines of business for automotive, including roadside assistance, insurance and travel. You don't have to be a Member to do business with CAA, but you will appreciate the benefits of a CAA Membership.

Heading into the fall season, we know it's back-to-school time for youngsters of all ages. CAA is here to help with sound safety advice for [pedestrian](#) and [school zone safety](#), [driver safety](#) and—let's not forget—the [CAA School Safety Patrol](#) program. And as a [CAA Member](#), you can enjoy savings with our dedicated [CAA Rewards](#)® retailers, such as The Source, Stokes, Montana's, Staples, Sephora, RW&CO., Rona, Reitmans and Roots, to name just a few. And we are pleased to have [Shell](#)™ as our Fuel Partner, where CAA Members save 3 cents a litre on fuel and more.

Like many families, we have encouraged and supported our children entering university and college. One of the best and safest things we did was to give them a CAA Membership, which makes a wonderful graduation or birthday gift. It helps keep our kids safe while driving or cycling, and when purchasing items for their dorm and eating out, which can happen when mom and dad aren't around to help with meal planning and shopping, as well as car maintenance and tows. [CAA offers Membership plans](#) to suit all lifestyles — Basic, Plus and Premier. We even have a Value plan at \$10 annually; it doesn't include roadside assistance but offers the same Member discounts and benefits.

Why not gift your loved one a CAA Membership? In the long run, you'll be pleased you did, not just for your peace of mind but also for theirs. We often say your membership effectively pays for itself. To learn more about CAA Membership and how you can be a CAA Member for free, check out this fantastic [blog post](#). You'll be glad you did!

At CAA we're all about safety and we're happy to help you with your lifestyle needs and your family's. You can reach us at [caask.ca](#) or phone 1.800.564.6222.

If you'd like to share your comments or opinions, drop us a line at caa.magazine@caask.ca. [CAA](#)

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Brian L. Barber
Chair, CAA Saskatchewan
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Member Letters

CLEAR SKIES AHEAD

My partner and I worked with a CAA Travel Consultant to book a family trip. It was stressful hearing about travel mishaps in the news and the uncertainty of whether or not our trip would happen. But our Travel Consultant was gracious and kind, keeping us up to date and ensuring everything was in order. Both my partner and I were impressed with her professionalism and attention from start to finish. We were fortunate that our trip was still a go and we thoroughly enjoyed our time in Punta Cana.

–Christian and Kaveri B.

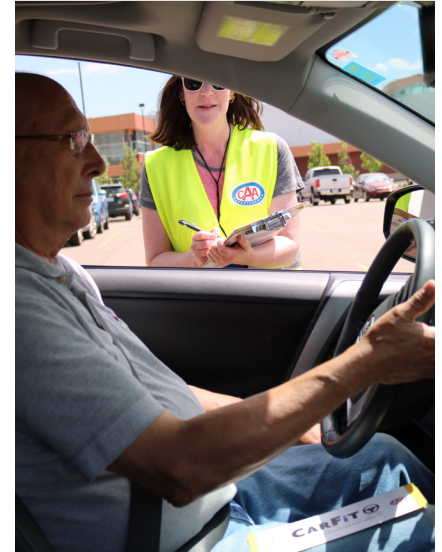


Have a story or comment you'd like to share? Email us at caa.magazine@caask.ca and you could be featured in an upcoming issue. Letters may be edited for length and clarity.

FIRST-CLASS CUSTOMER SERVICE

CAA Travel Consultant Brittney Bayerle provided us with a first-class customer service experience. She was super helpful and informative when we called to inquire about getting extended health coverage for our trip to Mexico. Brittney took our call with a friendly, cheerful voice, confirmed the dates for additional coverage to our existing policy with another carrier, walked us through the medical questionnaire, and promptly provided us with a very reasonable quote for the extra coverage we needed. It was an exemplary customer service experience from start to finish! She's a great asset to the public face of CAA Saskatchewan.

–Jim and Sylvia G.



VIRTUAL CARFIT CLINIC

As an older driver, I found the Virtual CarFit Clinic informative and helpful. The most important thing I learned was about adjusting the head restraint—I had no idea! Thank you for your presentation.

–Catherine D.

I've attended two virtual CarFit webinars in the past year and I'm looking forward to attending an in-person CarFit event. They're very informative and educational. As you get older, you still need to be reminded about the basic things. Thank you for offering these presentations!

–Ian M.

HOME INSURANCE MADE EASY

I would like to commend Alerica Heinemann, an employee at the CAA Regina South Store, for her amazing customer service. I recently dealt with Alerica regarding my home insurance policy. She was very professional, kind and helpful. She helped with my multiple policies and I want to just say, Thanks. The service is appreciated and I always refer people to CAA.

–Carolyn H.

“
The service is appreciated and I always refer people to CAA



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NORTH Dakota

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Grasslands National Park in Saskatchewan is a beautiful spot for fall stargazing—check out Two Trees Trail and Frenchman Valley Campground for the best car-accessible sites.

Seeing Stars

'Tis the season to marvel at celestial wonders across Canada

By Claire Sibonney

IT'S PRIME TIME for stargazing. Fall is when the nights are longer, the air clearer, and the weather mild enough for revelling in the outdoors. Our country has some of the best venues for viewing the constellations, thanks to Parks Canada, which protects more dark skies than any other jurisdiction in the world. Escape urban light pollution and visit these spots, adjacent to dark-sky preserves (DSPs), for their night festivals, camping sites and astronomy destinations, all geared to sky watchers.

ALBERTA The Jasper Dark Sky Festival (October 13-22), which takes place in the world's largest accessible DSP, features guided observation tours and speakers, plus live music and family-friendly activities.

SASKATCHEWAN Grasslands National Park, the darkest DSP in Canada, is a favourite destination of amateur stargazers and professional astronomers alike.

MANITOBA Spruce Woods Provincial Park was recently designated by the Royal Astronomical Society of Canada as Manitoba's first DSP for its excellent night-sky readings, astronomy programs and strict guidelines for reducing light pollution.

NIAGARA The Chronos Observatory hosts popular stargazing events on the

grounds of the Calamus Estate Winery. Using telescopes in the observatory silo and vineyard, visitors can immerse themselves in the wonders of the night sky.

ONTARIO Bruce Peninsula National Park is known as the place "where the Milky Way blankets the sky from horizon to horizon." Bayside Astronomy volunteers offer talks and telescope viewings every Friday and Saturday, from Canada Day until Labour Day.

ATLANTIC Newfoundland and Labrador's Terra Nova National Park was designated a dark-sky preserve in 2018 by the Royal Astronomical Society of Canada. The annual Night Sky Celebration takes place in late August, but Night Sky Kits, with binoculars and sky-viewing info, can be rented all season.

THE LOCALER

Shaun Nanan

THE LATE WORLD-RENOWNED educator and violinist Shinichi Suzuki revolutionized how young children learn to play the violin. The premise of his teaching method is simple. It's based on how kids learn languages—by listening and repeating, in small increments, and getting reinforcement via encouragement.

People learn from their environments, Suzuki believed. It's a principle the Nanan STEM Academy, in Moose Jaw, applies to the teaching of science, technology, engineering and mathematics. "Learning STEM is the same as learning sports, dance and music," says the academy's founder, Shaun Nanan, who is also academic chair at Saskatchewan Polytechnic. "To become good at anything, it takes practice, time, focus and grit."

It was in 2021 when Nanan co-launched the academy with his friend Zlatan Fazlagic, after noting the high failure rate among post-secondary students. The two were classmates at the University of Regina, their combined expertise spanning math, electronics, robotics, web design and video game design. Learning is the goal at the academy, of course, but having fun is the key that opens the door. "One hundred percent of the time," Nanan reports, "the kids do not want to leave when class is done."

Aimed at empowering First Nations youth, the academy recently launched a pilot project that incorporates traditional First Nations values into technology—the First Nations Family STEM Program, held at the Saskatchewan Science Centre. The hope is that the students apply their new skills to advance their culture and language and share them with others. "We want to empower future creators of technology," says Nanan. "We truly want to make a difference in the world."
-Staff



Co-founder Shaun Nanan says students at his academy enjoy increased confidence in math and critical thinking.



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



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HOT SPOT

The Hampton Hub

NAMED FOR NORTH AMERICAN civil rights leader Fred Hampton, The Hampton Hub (thehamptonhub.square.site) is the latest venture of three young Regina entrepreneurs, of whom two—the Mthembu brothers—previously ran the popular t-Box Concession food truck. The Hub, located in the city’s Heritage neighbourhood, is a casual coffee shop by day and a vegan pizza joint by night—and, most important, an inclusive, safe space for all who enter.

—Beth Hitchcock



The Hampton Hub in Regina’s Heritage District—coffee by day and pizza by night.

“

The Hub, located in the city’s Heritage neighbourhood, is a casual coffee shop by day and a vegan pizza joint by night—and, most important, an inclusive, safe space for all who enter



A little TLC when the seasons change will ensure future fun.

INSURANCE

Putting the Toys Away

Proper care and winter storage means a fresh start next spring for your recreational equipment

WELL, THAT WAS FUN—a summer brimming with travel, camping and outdoor adventures with those recreational vehicles, all-terrain vehicles, boats and bicycles. But now it’s time to put the toys away. Properly storing equipment will protect it through the cold months.

Bicycles are relatively easy to prep for storage but still require careful attention. Dry the frame and wipe down the entire bike, particularly the chain. It should be cleaned with either bike-chain cleaner or a brush (an old toothbrush works just fine) and then lubed to protect against air moisture. Store in a warm, dry location, preferably in a bike bag or under a blanket.

Dealing with motorized vehicles is far more complicated, of course. This is owner-manual territory—if you’ve lost yours, go online. Boats, RVs and ATVs share common enemies in off-season storage—moisture, rodents and the cold. Your list of tasks includes draining all liquids and, where applicable, replacing them with antifreeze (consult the owner’s manual for the specific antifreeze required). Also important is sealing the exterior to ward off critters (even for indoor storage), disconnecting batteries and adding fuel stabilizers.

Experienced owners create their own checklist of steps to prep their toys for the off-season. There is plenty to do, but after the thaw, being thorough is worth it.

—Sean Deasy



Protect your recreational vehicles! Speak to a CAA Insurance Consultant to review your policy and ensure you have the best coverage at the best rates. Visit caask.ca/insurance for details.



A Toast to Fall

HARVEST SEASON brings a fresh crop of festivals paying tribute to wineries, cideries and breweries in Canada and around the world. Here's a cross-country roundup of destinations this fall for enthusiasts of fine adult beverages (and good food).

Edmonton's **Rocky Mountain Wine & Food Festival** (November 3-4), which was launched in 1998, promises a wide-ranging selection of superb wines, spirits and beers, complemented by culinary offerings from local restaurants. A ticket discount is available for groups of 10 or more.

Bring out the lederhosen and rinse out that stein. It's **Oktoberfest** (September 29-October 1) at the Regina German Club! Anticipate fun-on-tap for beer lovers plus live music and dancing, as well as plenty of family-friendly events.

Get yourself whisked away to South America this year, without a passport, at the **2023 Winnipeg Wine Festival** (September 26-23), themed "Wines of Argentina." Events will be held at various locations across the city. New and familiar wines will be served at public tastings, WineDown special events and a gala dinner.

Catch the **Niagara Wine Festival**, at St. Catharines' Montebello Park Wine & Culinary Village, which takes place this year, September 15-17 and 22-24. Stroll through the park to visit the tasting tents of local wineries and stop by food stalls for snack breaks. General admission is free, but consider upgrading to the premium Harvest Lounge (replete with bartender) or book a VIP cabana for two hours, which includes butler service.

This fall, Nova Scotia's idyllic Annapolis Valley hosts the annual **Bridgetown Ciderfest**, September 7-10. Lovers of all things apple will have their fill again of the season's bounty—from pies to cider (there will be a cider press on-site). Come for the block party with participating local merchants and food vendors, as well as for the parade, children's carnival, pie-eating contest, Apple Orchard Walk and the Harvest Dinner.

And remember, before your group hits the road for any wine, beer or cider fest, make arrangements for a rideshare or a private or designated driver.

-Beth Hitchcock



PLAYLIST

What Songs Do You Road-Trip to, Hunter Brothers?

The Hunter Brothers from Saskatchewan, consisting of J.J., Dusty, Luke, Brock, and Ty, have amassed over 75 million streams for their country songs and videos.

Their rule for choosing music on the road: "Typically, whoever is driving the bus gets to pick." Here's a list of their wildly varied favourites—but you'll have to guess which brother selected each track.

-Karen Bliss

“Bring out the lederhosen and rinse out that stein. It's Oktoberfest at the Regina German Club!

Lose Somebody Kygo, OneRepublic	
Midnight (feat. Liam Payne) Alessio	⋮
Don't Stop Me Now Queen	⋮
Levitating Dua Lipa	⋮
Look What God Gave Her Thomas Rhett	⋮
Thank God Kane Brown, Katelyn Brown	⋮
God's Country Blake Shelton	⋮
Summer Vibe Walk Off the Earth	⋮
Superstition Stevie Wonder	⋮
That's Not How This Works (feat. Dan and Shay) Charlie Puth	⋮

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

PHOTOGRAPHY: (THIS PAGE, FROM LEFT) GOLERO / ISTOCK; COURTESY OF HUNTER BROTHERS



Atlantic Shark Expeditions takes shark fans into the blue.

All Shark No Bite

THE OCEAN'S MOST FEARED PREDATORS—and among the planet's most threatened vertebrates—need our help. Aboard the research vessel of Atlantic Shark Expeditions (ASE), shouting “SHARK!” scares no one. That’s because spotting the great white is the goal. But these encounters are not merely recreational—guests on the ship are put to work collecting real-world data. They’re led by Neil Hammerschlag, founder of the Nova Scotia-based company, which is permitted by Fisheries and Oceans Canada to conduct ongoing research in the service of shark conservation. Changing perceptions about sharks is a major goal, says Hammerschlag, because “people protect what they love.” Guests can dive with the sharks—safely tucked into a cage, mind you—and take up-close photos. This helps researchers identify individual sharks and monitor the local population. Participants are encouraged to share their photos and observations, feeding a repository of knowledge that can help these mighty creatures endure. This is citizen science at work, funded by eco-tourism—for the love of sharks.

—Staff

“
Changing perceptions about sharks is important because ‘people protect what they love’



Book your next adventure! Your local CAA Travel Consultant can help with your travel plans. Trips run August through October, leaving from Liverpool, N.S., about a two-hour drive from Halifax Stanfield Airport. \$395/person. atlanticsharkexp.com





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What's Your Favourite...?

The Honourable Russ Mirasty on the hidden gems of La Ronge and where to find beautiful local crafts

By Mackenzie Patterson



The Honourable Russ Mirasty lives in La Ronge, Saskatchewan.

BORN AND RAISED in La Ronge, Saskatchewan, His Honour the Honourable Russ Mirasty became the province's 23rd Lieutenant Governor in 2019. His Honour has been awarded the Queen's Golden Jubilee and Diamond Jubilee medals, in addition to the Meritorious Service Medal. Today he leads an active, outdoors-focused lifestyle in the La Ronge area, along with his wife, Donna Mirasty, and their children and grandchildren.

What does your perfect day in La Ronge look like?

It depends on the time of year, but it would likely be some kind of outdoor activity near our home. In the summertime, it's boating, canoeing—any kind of water sports—and hiking and running. We also love visiting local spots like the Churchill River, which isn't too far from La Ronge, and, once in a while, Nistowiak Falls. In the wintertime,

“

We also love visiting local spots like the Churchill River, which isn't too far from La Ronge, and once in a while, Nistowiak Falls

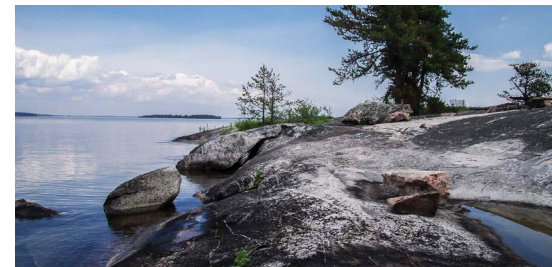
we do a lot of cross-country skiing on the beautiful ski trails around La Ronge and some snowmobiling.

What's the must-see site for nature lovers visiting La Ronge?

Just south of La Ronge, we have what's called the Nipekamew Sand Cliffs. It's a bit of an unusual formation of sandstone along the Nipekamew River and you can hike on it. It's only about a kilometre and a half from the highway.

Are there any scenic viewpoints people can go to?

Just about anywhere along the shoreline of the lakes around La Ronge, there are numerous places where you can stop and enjoy the scenery. There are also plenty of scenic viewpoints along the Nut Point Trail, which is about a 15-kilometre hike one way, starting from the campground in La Ronge to the end of Nut Point.



Nut Point Trail in Lac La Ronge Provincial Park.

Do you have any favourite local artisans?

Absolutely. Robertson Trading, which has been run by the Robertson family in La Ronge for generations, has items for sale made by local artisans. Also, the Visitors Centre offers a venue for local artists to sell their wares, like pottery, carvings and other beautiful handmade products.

What's a local delicacy visitors shouldn't leave La Ronge without tasting?

Any fresh fish from the northern lakes, like walleye, northern pike, lake trout or perch. **CAA**

Home Safe

Leave your worries at the door when travelling with these smart home gadgets

By Takara Small | Illustration by Guilherme Henrique

NOTHING RUINS THE VACATION VIBE faster than that nagging feeling. Is the back door unlocked? Will the basement leak if it rains? Smart home devices help keep tabs on everything, from deliveries to air quality, so you can check in on your phone.

SMART THERMOSTAT

Smart thermostats come with perks that can help you save a lot of money. Enable energy-saving settings before departing or use an app to adjust your home's heat or air conditioning in real time, so you're in control in case of unexpected weather fluctuations—say, a sudden heat wave, air-quality alert or rainstorm. Try **Ecobee Smart Thermostat** ecobee.com or **Nest Learning Thermostat** thesource.ca

INDOOR CAMERAS

Keeping a watchful eye on your home can be as easy as pushing a button with an indoor camera system. These devices can automatically track and record any indoor motion from multiple angles and push motion-sensor alerts to your tablet, smartphone or even smart TV.

Try **Wyze Cam Pan v3** wyze.com or **Amazon Blink Mini Compact Camera** thesource.ca

WATER MONITORS

No need to worry about coming home to an expensive water bill or, worse, a flooded home. A water monitor can prevent accidents by tracking water usage and humidity levels. It can even detect leaks and turn off water at the source. While extensive in-home systems can be pricey, you can also buy stand-alone sensors and place them in high-risk areas.

Try **Moen Flo Smart Water Monitor and Shutoff system** moen.com or **D-Link Whole Home Wi-Fi Water Leak Sensor Starter Kit** ca.dlink.com

SMART LOCKS

A keyless smart lock boosts security with minimal fuss and no log-ins, cables or intricate set-up. Attaching one to the door is simple—some even fit over a standard lock or deadbolt. Most



smart locks can be set up for keyless or virtual entry, so dog walkers, neighbours and family or friends can enter with your permission while you're away.

Try **August Smart Lock Pro + Connect** august.com or **Google Nest x Yale Lock** thesource.ca

OUTDOOR SECURITY SYSTEMS

Smart home security systems are available in almost every price range. Many are voice-enabled and work with the smart assistant of your choice, be it Alexa or Siri. Some are motion-activated and send alerts to owners when activated. Those with wireless cameras and battery and solar-panel alternatives are a great choice for renters without access to their electrical wiring or those in need of options for outdoor spaces. Try **Arlo Pro 3 Wireless** arlo.com or **Ring Alarm** ring.com/ca

However, not even the smartest gadget can replace the watchful eyes of trusted neighbours. Most home insurance policies require that someone checks on your empty home. But keyless entries and two-way communication make it easier to let them in (and remind them to water the plants). **CAA**



CAA Home Insurance is there to help protect your property, whether you're home or away. Visit caask.ca/insurance to learn more.

Keep on Driving

With preventive maintenance and prompt repairs, your vehicle can last longer than you think

By Wendy Helfenbaum | Illustration by Mike Ellis

ACCORDING TO A RECENT STUDY by automotive analytics firm S&P Global Mobility, the average age of vehicles in the U.S. is at a record high, at 12.5 years. In Canada, there are more than 26 million vehicles on our roads, and their average age is 11 years, with many of them lasting beyond the 300,000-kilometre mark.

We're keeping our cars longer for many reasons, the major one being the expense of buying a new vehicle (the average cost of a new car in Canada is now \$61,000). So how long will your vehicle last? Part of that depends on maintenance. Maximize your car's lifespan by staying on top of these important car-care measures.

FOLLOW THE MANUFACTURER'S MAINTENANCE SCHEDULE

Help ensure your car's longevity with routine and preventive maintenance—including oil and transmission-fluid changes, brake-fluid flushes, coolant exchanges, tire rotations and regular inspections of brake pads, hoses, belts, spark plugs and ignition wires. Consider switching to high-mileage fluids once your car passes the 100,000-kilometre mark. They contain additives that can prolong the age of components prone to wear and tear, such as the engine, transmission and power steering. After about five years, expect to replace your car's battery, timing belt, cooling and heating system hoses and rubber suspension bushings that can crack with age.

KEEP YOUR CAR'S BODY IN TOP SHAPE

Left unchecked, minor paint chips, scratches and surface rust can compromise and weaken the vehicle's body and frame. Regular rust-prevention treatment will help. And because Canada's icy roads are treated with salt and other chemicals that can damage the undercarriage, have your mechanic check for signs of rust. While the frames of some vehicles have a factory applied rust-proofing coating, touch-ups might be needed to prevent corrosion. Wash your car regularly to remove dirt and salt from the wheel housings and door bottoms.



ADJUST YOUR DRIVING STYLE

Hard accelerating and braking or maintaining high speeds can stress your engine. Drive smoothly by braking and accelerating gradually, and avoid potholes. The conditions you drive in can affect how long your vehicle lasts. Driving on steep inclines can strain the powertrain, while excessive idling in traffic causes engine wear. Limit exposure to the elements by parking, whenever possible, in a garage or covered driveway.

REPAIR OR REPLACE WORN PARTS RIGHT AWAY

When your vehicle's warranty expires, anticipate an average of at least \$100 in monthly maintenance costs. Watch for signs that your car needs repairs—say, clunking or squeaking noises, fluids leaking or a burning smell. If you notice any of these, call a mechanic, a CAA Approved Auto Repair Services facility, or the CAA Car Care Centre at the Regina Battery Depot for their expert opinion. Otherwise, the problem can worsen and lead to an expensive bill, or worse—the end of your vehicle's lifespan. Once you're spending more than \$2,000 per year on maintenance or if a repair will cost more than your car is worth, it might be time to say goodbye.

Battery Tip

As summer comes to a close, it's important to note that extreme summer heat can be even harder on the battery than extreme cold. And a battery weakened over the summer will cause you more grief as the weather gets colder, especially if it's three to five years old. Get it tested and replaced if necessary.



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

LUCIANO

cucina italiana



Return to Rome

Venture beyond the traditional tourist sights. There's much more to explore in the vibrant neighbourhoods of the Eternal City

By Karen Eull | Photography by Stacey Brandford



(Opposite page) Warm and welcoming, Luciano Cucina Italiana opens onto a lively piazza in Parione. (Above) The terrace at Villa Borghese park overlooks Rome's famous domed basilicas.

TWENTY-FIVE YEARS AGO, I arrived in Rome with an oversized knapsack, a fanny pack of traveller's cheques and a brand-new art history degree—primed for the wonders of this city. Now, I'm back and I notice that familiar look of determination on the faces of (so many more) tourists crowding the squares. I, too, had an itinerary that stretched from the Vatican to the viaducts. I came, I saw, but was conquered by that checklist. Rome, with its millennia of history and culture, is not a place you can cover in one trip.

This time, instead of queuing to tour ancient sites, my plan is to wander through some of the city's many districts. There are 22 historical regions, or *rioni*, in Rome, plus more neighbourhoods in the outskirts, each with its own rich history, traditions and cuisine. Five days are not enough to see them all, but one can comfortably walk through one or two neighbourhoods per day, with plenty of stops for *aperitivi* and gelato.

MONTI (RIONE I)

One of Rome's oldest districts, Monti was once home to criminals, commoners and poor nobles (Julius Caesar was born here, when it was still known as Subura). These days, Monti draws a young, creative crowd that frequents its many lively bars, trattorias and vintage boutiques. There are plenty of hotels here, too, well suited to tourists who prefer a less busy spot within walking distance of the sights.

LANDMARK One of Rome's four major basilicas, the majestic **Santa Maria Maggiore** sits at the top of Monti. From there, saunter along Via Panisperna, past Monti's narrow, winding streets and charming storefronts festooned with trailing ivy and sweetly scented jasmine.

HIDDEN GEM Veer slightly outside of Monti to visit **Santa Maria della Vittoria**. This 17th-century church houses one of the most famous sculptures by Bernini, *The Ecstasy of Saint Teresa*. Although he was renowned for his intensely emotive art, the artist's rendition of Teresa of Ávila's mystical episode was perceived by some as too sensual. The cool, hushed interior of Cornaro Chapel offers the opportunity to enjoy his work without the typical crowds.

REST STOP Bars and trattorias abound in Monti, but the good ones fill up fast, so make a reservation. Dine at **La Taverna dei Fori Imperiali**, which serves up superior home-style Roman classics and warm, attentive service (not a given in Rome), as well as excellent views of the street this restaurant was named for. Go for an after-dinner stroll for glimpses of iconic ancient sites, such as the **Colosseum**, the **Roman Forum** and **Trajan's Market**.

TESTACCIO (RIONE XX) AND OSTIENSE (RIONE X)

For dinner, Romans and tourists alike visit Testaccio, where the food scene is both classic and cutting-edge. But it's worth spending a full day in this neighbourhood. Once an industrial district for slaughterhouses and butchers, Testaccio has many restaurants that maintain a traditional nose-to-tail approach to food, but you'll find classic pasta and pastries here, too.

“ For dinner, Romans and tourists alike visit Testaccio, where the food scene is both classic and cutting-edge

LANDMARKS Shop for local produce and traditional Roman snacks at the lively 100-stall **Testaccio Market**. Then, sample a scoop at **Giolitti**, one of the city's oldest *gelaterias*. Head toward Via Ostiense for a look at **Piramide Cestia**. Rome's sole remaining pyramid may seem out of place, but it's an example of the Roman fascination with all things Egyptian during and after the reign of Cleopatra VII.



A scooter weaves through Monti's narrow cobblestone streets.

HIDDEN GEMS Tour Via Ostiense and its side streets to view colourful murals by internationally acclaimed artists, including Italy's own **Blu**. The street art extends all the way to **Centrale Montemartini**, an abandoned power plant that's now a museum for artifacts from the Capitoline Museums. Here, ancient statues (some unearthed during the rapid industrialization of the early 20th century) are posed against a backdrop of diesel engines and steam turbines, which are also relics of a past era.

REST STOPS Many contemporary restaurants have been popping up in Ostiense—including **Altrove**, with its multicultural menu and an internship program for young Italians and new immigrants to train with executive chef Barbara Agosti. Or stick with the classics, say, the renowned *cacio e pepe* at **Flavio al Velavevodetto**, located on the slope of Monte Testaccio, which was formed by an ancient trash site where Romans piled millions of discarded clay vessels. View the excavated cross-section of the terracotta fragments from the restaurant's windows.

QUARTIERE FLAMINIO AND VILLA BORGHESE

An outskirt north of the city centre, Flaminio has become a hub for contemporary architecture and art. Southeast of the Flaminio metro stop is an entrance to **Villa Borghese**, a heart-shaped public park spanning almost 200 acres.



The marble pyramid in the heart of Testaccio was built between 10 and 12 B.C. as a tomb for a Roman magistrate.

HIDDEN GEM Museo Nazionale delle Arti del XXI Secolo (**MAXXI**) is housed in a sculptural concrete building designed by the legendary architect Zaha Hadid that's as much of a draw as the art itself.

LANDMARKS Enjoy a picnic in the **Villa Borghese gardens** amid a plethora of sculptures and fountains. Book ahead to visit the site's crowning glory, **Galleria Borghese**. Situated in a lavish Baroque building, the latter showcases the Borghese family's exquisite art collection, comprised of masterpieces by Bernini, Raphael, Titian, Rubens and Caravaggio, alongside numerous classical antiquities.

REST STOPS Consider indulging in a candlelit dinner at **Mirabelle**, at Hotel Splendide Royal. Or just splurge on an *aperitivo* at the **Adèle** rooftop bar. Both venues provide panoramic city vistas that include Villa Borghese and the dome of **St. Peter's Basilica**.

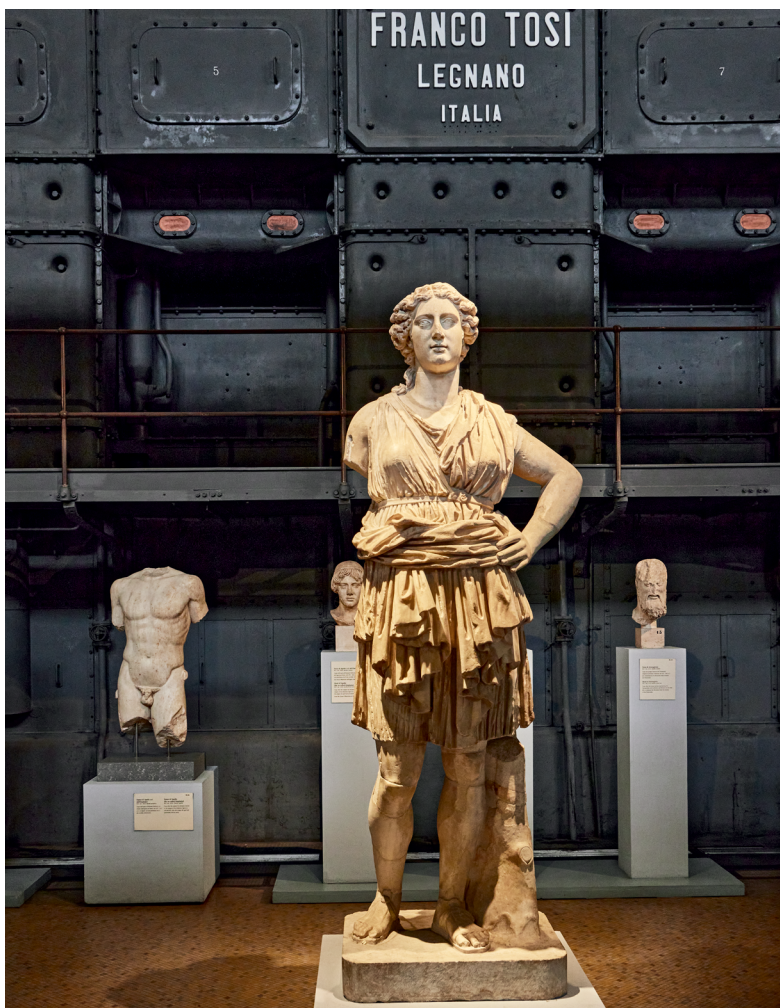
TRASTEVERE (RIONE XIII)

Cross the Tiber River by way of Ponte Sisto to spend a day meandering through the romantic streets of Trastevere. It's a popular place, so bars and restaurants get lively at night, but it's still peaceful in most spots.

HIDDEN GEMS Visit the palatial **Galleria Corsini** for its priceless artworks from Italy's national art collection, including pieces by Caravaggio, Rubens, Fra Angelico and Van Dyck. Across the street is **Villa Farnesina**, a riverside pavilion with an elegant citrus garden. The interior is adorned with Renaissance frescoes, which include Raphael's famous *Triumph of Galatea*.

LANDMARK Just before sunset, make the long, winding trek up Via Garibaldi to **Janiculum Hill**, where vendors sell wine, beer and snacks to enjoy while savouring expansive views of the city.

REST STOPS Sample Rome's street food—at **Suppli**, named for the fried rice balls stuffed with cheese, or, at **Trapizzino**, famous for their doughy pockets filled with eggplant parmigiana or chicken cacciatore.



(Clockwise, from top left) English artist Ian Davenport's whimsical *Poured Staircase* at Chiostro del Bramante. A classic candy-coloured Fiat on Piazza Venezia, on Republic Day, an important national celebration held in Rome. Ancient sculptures adorn a decommissioned power plant at Centrale Montemartini museum. Piazza del Popolo is at the apex of the Tridente area.

CAMPO MARZIO (RIONE IV) AND PARIONE (RIONE VI)

Three major streets in Campo Marzio—Via di Ripetta, Via del Corso and Via del Babuino—radiate from Piazza del Popolo to define the popular Tridente shopping area. Follow Via di Ripetta into Parione, a historic neighbourhood next to the Tiber River.

LANDMARKS Flanked by the Spanish Steps, Trevi Fountain, the Pantheon and Piazza Navona, Tridente is always bustling, and yet, it's easy to escape down a side street when you need a break from the crowds.

HIDDEN GEMS Via Margutta, tucked behind Via del Babuino's luxury shops, is so quiet you can hear the water burbling in the Fontana Degli Artisti, which commemorates the artists who have resided and worked here. Now populated with high-end boutiques and art galleries, this picturesque street became quite exclusive after scenes were filmed here for the 1953 movie *Roman Holiday*. There's a marble plaque marking the spot where filmmaker Federico Fellini once lived.

Nearby is Museo Atelier Canova Tadolini. Formerly the studio of a 19th-century neoclassical sculptor, this eclectic caffè is packed to the rafters with his casts and sculptures. Enjoy coffee with a *cornetto* (the Italian rendition of a croissant) at a table wedged between the busts of several dignitaries and an oversized archangel.

Walk along Tiber's banks and into Parione and get lost in this neighbourhood's maze of narrow lanes. Then, retreat into Chiostro del Bramante to admire the contemporary-art installations cleverly integrated into the site's Renaissance architecture.

REST STOPS Parione has many outstanding restaurants and bars. Luciano Cucina Italiana draws crowds for the creamy carbonara of chef Luciano Monosilio, who was awarded a Michelin star when he was just 27 years old. La Pace del Palato—a welcoming family-run trattoria highly recommended by the locals—features creative twists on Roman cuisine and innovative dishes such as a ruby-chocolate sphere with a negroni filling. Skip dessert and grab a late-night gelato from Frigidarium for your walk back to your hotel.

WHEN IN ROME

Italians practise *lo struscio*—the art of slow living—which is not so easy to do when you're a tourist with only five days to explore. When I catch myself rushing, I turn off Google Maps and wander. Surprises beckon around every corner in Rome. **CAA**



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FAST TRACK TO FLORENCE

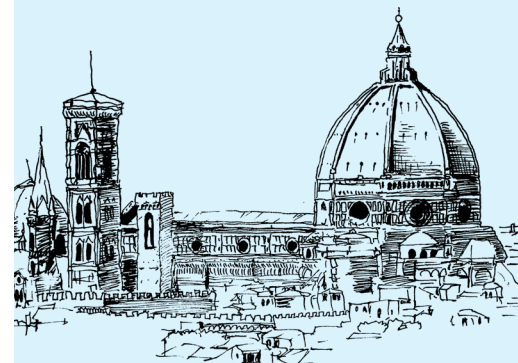
Italy's speedy bullet trains make it easy to squeeze in a day trip to Florence. And it doesn't take long to fall in love with the jewel of the Renaissance.

From the train station, it's a short walk to the basilicas, cathedrals and Ponte Vecchio. Plan on a quick stop at Mercato Centrale to sample pecorino cheeses and balsamic vinegars. In order to catch the breathtaking city views from the top of the Brunelleschi Duomo or to admire Michelangelo's David at Galleria dell'Accademia, it's best to book ahead.

Shop for handcrafted leather jackets and shoes at Benheart. Then visit Officina Profumo-Farmaceutica di Santa Maria Novella, one of the world's oldest apothecaries. Sample a citrus scent crafted for Florentine noblewoman Catherine de' Medici, once queen of France. This store, workshop and museum includes an ancient chapel and medieval frescoes.

If your train is departing before dinner, grab one of the city's famous panini to go—perhaps the beef carpaccio-and-pistachio cream at All'antico Vinaio.

With so much to see, it's tempting to stay longer. But it's worth the trip for even a few hours in this stunning city.





(Above) Iconic sandstone buttes dominate in northern Arizona's Monument Valley Navajo Tribal Park. (Bottom right) Bischoff's Shades of the West, in Scottsdale, is an old-style trading post selling handcrafted leather, jewellery and Mexican folk art.

Southern Comforts

Snowbird season is just around the corner—time to skip town for a warm, sun-drenched destination

By Fiona Tapp and Jacqueline Kovacs

EVERY YEAR, just before the first blizzard hits, Canadian snowbirds swap boots for sandals and head south.

If you're lucky enough to join the flock, here are three popular winter havens to consider—a desert retreat in the U.S., a sunny Central American getaway and an island escape in the Caribbean.

ARIZONA

The Grand Canyon State is a snowbird favourite, offering endless sunshine and clear azure skies, perfect for plenty of outdoor activities. Its proximity to Canada (especially for those of us out west) also makes Arizona an enticing destination.

STAY

- Options for long-term accommodations vary from luxury gated communities to RV and mobile-home parks.
- Cities on the favoured list of snowbirds include Phoenix, Tucson, Mesa and Chandler.
- Snowbirds also settle in Yuma and Sun City, which has eight golf courses and is among Arizona's largest active adult communities.

PLAY

- Visit Phoenix, the state's vibrant capital, for its lively and walkable Roosevelt Row arts district and exemplary shopping.
- Tour Old Town Scottsdale, the historic heart of the city. Browse Western-themed stores, high-end boutiques and art galleries.
- Find serenity in Sedona, in Arizona's high desert, with its stunning red rock formations and numerous nature trails. Take in the swirling spiritual energy of the area's famous vortexes.
- Arizona has 29 state parks, three national parks and six national forests. Hike, bike or paddle across lakes. Or opt to cross the desert in a hot-air balloon.
- The state shares borders with New Mexico, California, Utah and Nevada, which means many more adventures are just a road trip away.



PLAN

Canadians can stay in the U.S. for six months without a visa. However, the Internal Revenue Service can determine your tax liability via the substantial presence test (SPT), which calculates how much time you've spent in the country over the previous three years.

PANAMA

This S-shaped land bridge linking North and South America is renowned for its natural beauty—pristine beaches, tropical islands, rainforests and majestic mountains. Panama's low cost of living also attracts snowbirds looking to save on accommodations, dining options and transportation.

STAY

- Choose from a wide range of accommodations, from condominiums in the city and small beachfront homes to island resorts and mountain lodges.
- Plan an indulgent weekend in Panama City, at Hotel La Compañía, founded by Canadian developer Chris Lenz. Spanning almost a whole city block, this hotel is comprised of multiple buildings from different time periods, the oldest being the colonial wing, which dates back to 1688.
- Coronado is a popular beach town, about an hour's drive from Panama City, with plenty of shopping and dining choices, as well as access to medical services.
- For a tropical getaway, head to Bocas del Toro, an archipelago in the Caribbean Sea, world-famous for its biodiversity.
- Boquete, a small town in the Chiriquí Highlands, is known for its cool climate, coffee plantations and dramatic mountain scenery.

PLAY

- In Panama City, check out the shopping, restaurants, golf and, of course, the engineering marvel that is the Panama Canal.
- Tour the historic UNESCO-listed Casco Viejo and immerse yourself in its rich and diverse cultural heritage, including Indigenous roots and Spanish colonial influences.
- Go on a day trip to the mountain resort town of El Valle de Anton, 120 kilometres southwest of Panama City and located in the crater of an extinct volcano. Visit the crafts-and-



With its many vibrant coral reefs, Bocas del Toro is a watery wonderland for paddlers and divers.

“

Panama is renowned for its natural beauty—pristine beaches, tropical islands, rainforests and majestic mountains

food market and the butterfly haven, as well as the magnificent Chorro El Macho waterfall.

PLAN

Canadians can stay in Panama for up to 180 days without a visa. For longer stays, Panama provides a very attractive incentive for relocating retirees, even if they only live there part-time. The Pensionado (Spanish for “pensioner”) program offers discounts of 25 percent off airfare to anywhere in the world, 50 percent off ticket prices to movies and sporting events, 20 percent off medical prescription costs and much more. To qualify, your monthly pension income must be equivalent to US\$1,000 or more.



Casco Viejo, Panama City's historic district, offers four avenues lined with popular restaurants and trendy bars.



The town of Soufrière on the West Coast of St. Lucia. (Opposite page) St. Lucia's coastline has many wind-sheltered bays with clear water for snorkelling.

ST. LUCIA

If you like a little spice to go with the sun for your winter getaway, look to St. Lucia—and not just for the marvellous Creole cuisine. This jewel of a Caribbean island offers myriad experiences both rugged and refined—relaxing sandy beaches, exhilarating epic hikes, topnotch fine dining and a whole lot more. And since English is the official language, navigating your adventures is a breeze.

STAY

- From short-term home rentals to longer stays at sprawling resorts, St. Lucia has accommodations to suit every personal preference and budget.
- Canadian-owned Windjammer Landing has rooms, suites and villas fronting 64,000 square feet of beach, along with water sports amenities and five restaurants.
- Tip: If you have mobility issues, ask how accessible your space is. Many accommodations at Windjammer Landing involve a steep hike from the shore, though shuttles are available.

PLAY

- Upon arrival, start your explorations via the FunToSee Island boat transfer. Take in the lush topography while enjoying music and beverages on deck, plus opportunities to spot dolphins and flying fish—all these before check-in.
- Another option for water adventure is a tour with St. Lucia Bamboo Rafting. Ease along the calm Roseau River flanked by mangroves. Arrive at a white sand beach and cool off in crystal-clear waters before tucking into a delicious lunch prepared by a private chef.
- Board *Knotty Girl* for a speedboat ride to the famous Piton Mountains—a UNESCO World Heritage site—perhaps stopping for some stellar snorkelling along the way.
- No St. Lucia experience is complete without visiting the Soufrière Sulphur Springs, which features the world's only drive-in volcano, replete with rejuvenating hot springs and mud baths. Follow up with a refreshing rinse at nearby Toraille Waterfall.
- In town for the first half of May? Don't miss the St. Lucia Jazz & Arts Festival, which features classic jazz, world beats and dancing galore, plus the popular geared-to-all-ages outdoor celebration on Pigeon Island.



BEFORE YOU GO

Travel insurance doesn't usually cover non-emergency care, so schedule health checkups before departing Canada. Ensure that all your documents are in order, including banking information, medical details and insurance forms. Then pack your swimsuit, kiss friends and family goodbye and don't look back until spring.

PLAN

Canadians can remain in St. Lucia for a maximum of six weeks without a visa. Travellers must show a return ticket and a passport valid for at least three months past their departure from the island. St. Lucia requires visitors to complete an online immigration form no more than three days before arrival. [CAA](#)



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Bees are nature's most effective pollinators. (Opposite page, from top) Liquid gold at Living Sky Honey, in Saskatchewan. A member of a research team at the University of Manitoba collects insects in a canola field.

Buzz Words

Beekeepers, entomologists and apiary schools keep busy, finding ways to protect and sustain nature's tiny ecological superheroes

By Jeremy Freed

WHEN PEOPLE THINK OF BEES, most think of the fuzzy flower-loving bumblebee or the western honeybee, the iconic black and yellow insect that makes honey. These are just two of more than 800 bee species—domesticated and wild—that are vital to Canada's ecosystems and that commercial farmers rely on to pollinate their crops.

Pollinators of all kinds are struggling. Climate change and parasitic mites have contributed to the deaths of countless domesticated bees in recent years, while pesticides and habitat loss threaten thousands of wild pollinator species—bees, as well as beetles and butterflies.

But here's the good news. Individuals and groups are busy sustaining these ecological superheroes and spreading public awareness of the many ways we rely on them.

Each spring, in Alberta and Manitoba, semi-trucks haul some 60,000 bee colonies (that's up to 3.6 billion bees) across the Prairies to pollinate millions of acres of yellow canola

“

Like wine, honey has a terroir, or sense of place. It will taste similar, yet different, from honey made just 20 kilometres away

flowers. The colonies are rented out to farmers by commercial beekeepers who then sell the honey that is produced as a by-product.

“Bees perform an essential function in the food system,” says Rod Scarlett, executive director of the non-profit Canadian Honey Council. These minuscule workers are an integral part of modern industrial agriculture, he notes. When their summer's work is done, the bees are trucked home and beekeepers either wrap up the hives or move them into barns, where the insects can safely spend the winter.

But domesticated honeybees are not the only pollinators on Canadian farms. We rely on others for many of

the foods we consume. For instance, flies are important pollinators of onions, strawberries and carrots. “Some plants have a desire for different types of pollinators, so it’s important that we also look to the ones in nature to help pollinate plants and flowers,” Scarlett adds. He encourages Canadians to support bees by growing native pollinator-friendly plants, such as lavender and milkweed, in their backyards. Buying locally made honey also boosts our agriculture industry and supports our local beekeepers.

At Living Sky Honey, in Kronau, Sask., a hamlet near Regina, Louise Yates provides her bees with a diverse diet—wildflowers, spring-flowering fruit trees and shrubs like haskap, plums, currants, cherries and apples, all of which enhance the honey’s flavour profile.

“Honey is a lot like wine,” notes Yates. “It has a terroir—or sense of place—and my honey will taste similar, yet different, from honey that is made even 20 kilometres away.” Like most of her fellow apiarists (a.k.a. beekeepers), Yates delivers her honey to nearby communities and takes every opportunity to share her passion with her customers. “If you’re interested, every beekeeper will talk your ear off about bees and honey.”

Jason Gibbs is also eager to share his knowledge, particularly when it comes to the biodiversity of the world’s 20,000-plus bee species. “I’m always amazed by how many different kinds of bees there are, how different they appear and how different their lives are,” says Gibbs, an associate professor in the University of



Manitoba’s department of entomology. While domesticated and wild bees in Canada face various threats, it’s the wild bees that need our help the most, he points out. “They don’t have the benefit of a dedicated commercial industry to help maintain their populations, so they’re on their own.”

There are misconceptions about how to sustain bee populations, and among the most dangerous is when amateurs think they can help by starting beehives at home. Without knowledgeable, committed beekeepers, these small-scale hobby colonies can turn into reservoirs for diseases and pests, warns Gibbs. The University of Manitoba’s nine-week program—Beekeeping for the Hobbyist—is an excellent resource for would-be apiarists because it equips them with the tools to care for bees safely and responsibly.

Meanwhile, how can the rest of us help protect our pollinators? Sometimes, less is more. Skip the pesticides and don’t aim for that perfectly green lawn—“a diversity wasteland,” says Gibbs. Instead, grow native pollinator-friendly flowers, which are easier to maintain anyway. And cross out raking on your fall task list. Dead leaves provide winter habitats for bees and butterflies. With a little help, our essential pollinators will continue to thrive in the years to come. **CAA**

JEREMY FREED is a freelance writer whose work explores design, fashion, travel and nature. His writing has been published in The Globe and Mail, Azure, Sharp and other publications across Canada and the U.S.



KNOW YOUR BEES

Here are some of the most common bee species in Canada



European honeybee (*Apis mellifera*)

Also known as the western honeybee, this prolific pollinator is one of a handful of bee species that produce honey.



Carpenter bee (*Xylocopa virginica*)

This large, slow-moving species, which looks similar to the bumblebee, builds its nest by burrowing into dry wood.



Bumblebee (*Bombus*)

A large, fuzzy species, the bumblebee may look cuddly, but don’t get too close—unlike the western honeybee, it can sting multiple times if threatened.



Blue orchard mason bee (*Osmia lignaria*)

This dark metallic blue solitary species is prized in Western Canada for its efficiency at pollinating fruit trees.

SPONSORED

Signs and Sounds

Learn some of the common signs of hearing loss

Whether you find yourself getting complaints from your family that the TV is on too loud or are constantly asking people to repeat themselves in conversation, it's time to take your hearing health into your own hands.

While symptoms of hearing loss can vary from one person to the next, living a comfortable life starts with becoming aware of the changes you can experience and how you can manage them. Here are five common signs to look out for.

1

Ringling in the ears

Hear a whistling, ringing, or buzzing sound? It could be Tinnitus. While this symptom is common, it can lead to sleep issues and even anxiety or depression if left unchecked.

2

Inability to differentiate sounds

Hearing loss goes beyond having to ask people to repeat themselves. You may struggle to carry on a conversation while in a crowd or public place, feeling as though you're competing with the distracting noises around you.

3

Hypersensitivity to loud noises

Sudden loud noises may become startling and anxiety-provoking, even if they weren't before. This includes fireworks, loud music, construction and amplified sounds at events or theatres.

4

Mishearing certain words

Looking through the TV settings for the closed captions? Distinguishing between similar words, or even similar consonants like P and T, or S and F, can make everyday interactions a struggle.

5

Feeling plugged up

If one of your ears feels full or plugged up, be mindful of monitoring the sensation. Over time, this feeling can grow and cause pain.



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While these signs are common among those experiencing hearing loss, they can have a negative impact on your mental health. Combat or prevent these side effects with effective solutions like hearing and medical treatments from experts you can trust.

Be proactive with your hearing health and book a hearing evaluation with Connect Hearing, where CAA Members get their lowest price and other Member-exclusive benefits.*



Book your hearing evaluation today.

Visit connecthearing.ca/CAA or call 1.888.486.0177.



Connect Hearing 

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Setting the Stage

The folks at Gordon Tootoosis Nīkānīwin Theatre are taking representation into their own hands by spotlighting First Nations, Inuit and Métis youth with an affinity for the arts

By Yuki Hayashi | Photograph by Danielle Tocker

IT'S TIME TO PUT INDIGENOUS STORIES—and talent—on centre stage. That's the feeling at Saskatoon's Gordon Tootoosis Nīkānīwin Theatre (GTNT), which showcases indigeneity by casting Indigenous actors in Shakespearean roles and producing homegrown classics-to-be. Historically, the lack of Indigenous stories in Canadian performing arts was paralleled by a lack of First Nations, Métis and Inuit talent on stage as well as behind the curtain. GTNT is correcting this imbalance by presenting Indigenous work and hiring Indigenous actors, playwrights, designers and technicians.

"It matters to have the representation—or the stories or how we express ourselves—from our lens," says artistic director Jennifer Dawn Bishop. "It's important to reach out to the different diversities of our communities because we all come from different walks of life and cultural representations."

Bishop explains that even seeing an Indigenous actor portraying a Shakespearean character can be transformative, allowing young Indigenous individuals to envision themselves in similar roles. By showcasing diverse individuals on and off the stage, it becomes evident that there is a place for everyone in the performing arts.

Each season, GTNT stages three professional productions. It also operates two six-month-long training and mentorship programs geared at new and aspiring writers.

One of the programs, The New Voices, led by playwright Daniel Macdonald, offers paid residency for emerging



GTNT's artistic director, Jennifer Dawn Bishop, and Liam Scramstad, sound designer and production manager.

storytellers of all ages; its core component, Circle of Voices, trains Indigenous youth, ages 16 to 25, in theatre skills and traditional cultural practices. Local partners, such as the non-profit CHEP community kitchen, teach participants essential cooking skills, while Affinity Credit Union focuses on financial literacy, budgeting and filing business taxes.

"These skills are really good to have when you're an independent artist," Bishop says, "[and] the life skills in this program may help them with whatever field they go into."

As a Circle of Voices graduate herself, Bishop is looking forward to the upcoming season. "We have an exciting array of productions—the most premier work we have done in a single season."

And, with two more Circle of Voices and New Voices cohorts launching, anticipate more exciting theatre ahead. Learn more at gntn.ca. [CAA](http://caa.ca)

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These skills are really good to have when you're an independent artist



Do you know of a Good Place? Help us celebrate community organizations that strive to make life better for all. Send nominations to caa.magazine@caask.ca to share their stories.

Buyers Be Ready

Shopping for a vehicle in 2023 is not like it used to be. Here's what you need to know

By Graham Heeps | Illustration by Sua Balac

CARS AND TRUCKS are more capable and reliable than ever. There's a ton of choice too, with new brands joining established players, especially when it comes to the rising number of electric vehicles (EVs). The problem is finding what you want.

The "chip shortage"—an interruption in the microprocessor supply due to COVID shutdowns—has had a widespread and lasting impact on the industry. A drive past a local dealer over the last 18 months or so would have revealed empty lots where rows of shiny cars and trucks once awaited new owners.

It's taken time, but according to industry experts, the situation is expected to ease by the end of 2023. That should make new vehicles easier to find and increase the chances of paying at or below the manufacturer's suggested retail price (MSRP). But don't expect a quick return to pre-pandemic sales practices. As buyers have become accustomed to ordering from the factory and waiting months for what they want, dealers and automakers have realized they don't need acres of vehicles on the lot, ready to be sold at a discount.

"Pre-COVID prices are probably gone," says Kevin Roberts, director of industry insights and analytics at CarGurus, an online marketplace for new and used vehicles. "Part of that is due to additional new features and tech going into vehicles. But automakers say they don't want to go back to the old style of new-vehicle inventory. Dealers are somewhat happy with the new normal as well, because profitability is up on both the new and used sides."

TRY BEFORE YOU BUY

The trend to online purchasing accelerated during those pandemic months when visiting a dealer was problematic.

Some manufacturers, especially new brands such as Genesis, offer the entire car-buying experience online, with firm pricing. Most automakers and dealers will facilitate at least some of the process digitally, but beware of the difference between the manufacturer's build-and-price tools—which display the non-binding MSRP—and a switch to the local dealer's website, where the price may be different.

And, as useful as digital tools are, there's no substitute for checking out a car in person. Getting behind the wheel can help you avoid pitfalls a virtual tour won't reveal, like whether you can find a comfortable driving position or if the infotainment system is user-friendly. Take someone with you to provide a second opinion on what you see, feel and hear.

"I always advise people to create a shortlist of, say, three vehicles, and then go drive all three," says Peter Kreis, VP Operations for CAA Saskatchewan. "See what you like and see what fits you."

THINKING ABOUT PRICE

Consider your budget and how you intend to pay. If financing is needed, know that interest rate hikes have increased the cost of credit and pushed up monthly



payments. Longer borrowing terms will reduce the monthly sum but drive up the total cost of borrowing. It's this number, not the monthly payment, that should be your focus—how much the car will cost in total. If the answer is higher than expected, reconsider those extras that stretch your budget to the limit.

The supply shortage has made it harder than ever to negotiate on price, but it's always worth trying. If you're not comfortable with haggling, an independent auto broker may be able to secure a better deal.

WHERE TO GET ADVICE

In 20 years of writing about cars, I've regularly been asked my opinion by friends and family in the market for a new vehicle. Mostly, they listen patiently and then buy what they want. That's because choosing a car or truck is a personal decision.

The volume of information on new and used cars can be overwhelming. Experienced reviewers in established media outlets—whether it's a print or digital article or a YouTube comparison video—are most likely to have balanced perspectives. Social media influencers, on the other hand, may be predisposed to say nice things about a vehicle if they're in a paid partnership with an automaker. Impartial assessments by Consumer Reports (which may be free to access through your local library) are a reputable source of information. And consider practicalities, which you won't find in a review, such as whether you have easy access to a local dealer for servicing and repairs."

CAA's own Car Care Centre in Regina or any Approved Auto Repair Services™ (AARS) facility will also provide peace of mind when you're shopping for a used vehicle. Certified independent repair facilities will conduct

CAA's 139-point vehicle inspection service to give you an honest opinion. At a time when used vehicles are in short supply and prices are high, that reassurance is more valuable than ever.

TO EV OR NOT TO EV

Electrification is an emerging topic for new-car buyers. With federal EV sales mandates on the way and rapidly advancing technology, new electrified models—self-charging regular hybrids, plug-in hybrids and full EVs—are reaching the market almost monthly. More affordable EV models are on the way, but supplies are typically tighter even than for conventional, internal combustion engine (ICE) vehicles, especially in provinces that do not offer a local EV purchase incentive to supplement the federal one. If you're set on a particular vehicle, expect to wait for it.

Is an electrified model right for you? Again, it's a personal decision, but with some practical considerations. (Visit caask.ca/EVs and our EV Buyer's Guide to learn more.) So-called range anxiety is becoming a thing of the past, with vehicles increasingly hitting the 500-kilometre mark, but it's true that the public fast-charging infrastructure remains underdeveloped in many areas. If you can charge overnight at home, that will be less of a concern. If you only have street parking and regularly drive long distances, a hybrid option might suit you better than a full EV. Think about how you use your car and assess the options accordingly. **CAA**

GRAHAM HEEPS is a freelance automotive writer based in Calgary. He is a member of the Automobile Journalists Association of Canada (AJAC) and chairs the judging panel for its annual Innovation Awards.

5 GREAT FEATURES IN NEW VEHICLES

Technology can make our lives easier or complicate it unnecessarily. These five tech features are useful enhancements to your new vehicle.

1

Wireless Apple CarPlay and Android Auto

Integrate your cellphone wirelessly with the infotainment display.

2

Automatic emergency braking

Helps avoid a low-speed collision or mitigate its impact.

3

Sliding rear bench

Low-tech, but ultra-practical, this is a great way to maximize passenger or cargo space.

4

Stolen-vehicle locator

Check out *CAA Magazine's* Summer 2023 issue for more on the latest anti-theft devices. Visit caask.ca/magazine

5

Automatic updates

Many new cars now receive new features and bug fixes via wireless updates.

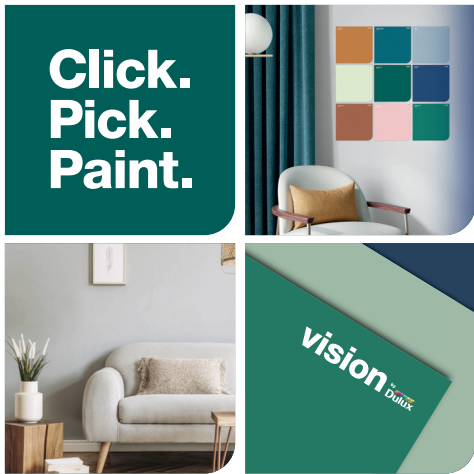


Considering an EV?

Visit caask.ca/EVs and our EV Buyer's Guide to learn more.



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dulux.ca/diy/visionbydulux



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LIFETIME LIMITED WARRANTY

Fall often feels like a new beginning...and in many ways it is. The following pages will help set you up right, whether you're prepping a student for their next step, looking ahead to the changing season or still wringing every last drop from a lingering summer.

See the Back to School Guide: pages 38-40.



In the Safe Zone

Everyone has a role in keeping school zones safe



CAA SAFETY PATROL

The CAA School Safety Patrol® program relies on student volunteers in grades 5 to 8. These young safety heroes carry stop paddles, wear bright neon vests and watch over their younger peers, helping them cross roads safely.

The focus of patrol work is watching for traffic—including cars and bicycles—before inviting students to cross the street safely.

CAA Safety Patrollers do not direct traffic. Their role is to let students know when it is safe to cross the street.

CAA partners with local police to train these young volunteers. The program not only reinforces safety in school zones, the kids who participate gain confidence and leadership skills.

Visit caask.ca/patrollers to learn more or to start up a CAA School Safety Patrol.

WHAT CAN YOU DO?

Drivers

- According to a 2022 CAA survey, the top two hazardous behaviours in school zones are speeding and distracted driving. Avoid texting, drinking, eating and other activities that can distract you.

Parents

- Slow down and give yourself more time. Drop-offs require patience when dealing with motorists, pedestrian traffic and buses in congested areas.
- Work out a morning routine that keeps you from rushing or getting distracted en route. Staying organized and safety-focused sets a good example for kids.
- Use designated drop-off zones and obey speed limits and other signs.
- Consider carpooling to ease drop-off traffic.
- Remind your children to stay alert and pay attention to what's going on around them. Tell them to make eye contact with drivers to ensure they are seen before crossing the road.

Kids

- Consider the buddy system, so no one walks or cycles alone.
- Never jaywalk or dart between parked cars. Use marked intersections and crosswalks.

Learn more at caask.ca/schoolzonesafety

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Another integral part of keeping school zones safe is the CAA School Safety Patrol program

We Salute Our School Safety Patrollers!



Patrollers help students cross streets safely to and from school. School zones are safer and patrollers learn to become safety ambassadors for their school community.

To learn more about the program, or to start or renew the program at your school, please contact schoolsafetypatrol@caask.ca

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



SCHOOL SAFETY PATROL®

caask.ca/patrollers

School Is In

Get back-to-school-ready with these essentials



CAA PARTNERS HAVE ALL THE GEAR on your school-supplies checklist—top quality products to keep your student at the top of the class. Plus, you get Member-exclusive savings or earn CAA Dollars® on these purchases.



- ❑ **Laptop**
- ❑ **Tablet**
- ❑ **Headphones**

The latest electronics from The Source keep students connected to learning. *Save up to 20% in-store and online.*



- ❑ **Markers**
- ❑ **Pencil crayons**
- ❑ **Notebooks**

Encourage creativity with art supplies from Staples. *Earn 3% in CAA Dollars for online purchases.*



- ❑ **Backpack**

Quality school bags from Roots will stand up to the wear and tear of life in grade school and beyond. *Earn 10% in CAA Dollars for online purchases.*



- ❑ **New wardrobe**

Students can look fresh for the new school year with the right threads from Joe Fresh. *Earn 5% in CAA Dollars for online purchases*



- ❑ **Lunch kit**
- ❑ **Snack box**

Shop Well.ca via the CAA eStore for a stylish lunch bag or well-organized box, reusable snack boxes or insulated containers for a warm meal in the winter. *Earn 5% in CAA Dollars.*



Dorm Sweet Dorm

SET UP THE PERFECT on- or off-campus nest with CAA Rewards® Partners.

TECHTONIC

Speakers, Wi-Fi range extenders and mobile phones from The Source keep those study sessions (and the occasional party) going. *Save up to 20% on purchases in-store and online*

LIGHTEN UP

Lamps from Bouclair are an affordable way to add function and style to dorm life. *Save 5% on purchases in-store and online.*

PERSONAL TOUCH

Count on trend-correct furniture and décor pieces from Stokes to perk up a new place. *Save 5% on purchases in-store and online.*

PIN UP

Cork boards and white boards from Staples help students stay on task. *Online purchases earn 3% in CAA Dollars®.*

HIT THE SHOWERS

Stock up on bathroom amenities and cleaning essentials from Well.ca. *Online purchases earn 5% in CAA Dollars.*

SNACK ATTACK

Cravings call for the Ultimate Dining Card, good at 14 restaurants. *Save 5% on online purchases.*

Use your CAA Membership card to save or earn CAA Dollars at CAA Rewards Partners. Visit caask.ca/rewards to see all our Partners' offers plus restrictions and details on how to shop and order online.

Visit caask.ca/rewards for details on offers from all our partners.



Road Ready

Advice for young drivers heading off to school

SO, YOUR CHILD IS OFF TO POST-SECONDARY. It's a big moment and there's no shortage of planning—and concerns. One worry parents should not have is car care. Make sure your young scholars driving themselves to school are road-ready.

Stay in charge Don't let your student's vehicle battery power run low. CAA's Mobile Battery Service will test, replace and recycle an old car battery—from your home or workplace, or even from the side of the road—in Saskatoon and Regina. For most vehicles, delivery and installation are included at no additional cost. caask.ca/automotive/roadside-assistance/battery-service

Help you can trust “What does that light on my dash mean?” For answers to the automotive queries that are bound to pop up, send your student to a mechanic you can trust—at the CAA Car Care Centre at the Regina Battery Depot. The Car Care Centre has excellent service and warrantied parts at a fair price, plus, CAA Members receive 10% off the cost of labour. caask.ca/automotive/repairing-maintenance/car-care-centre

Add a Member Help keep new drivers safe on the road. Primary Members can add family living in the same home to their membership, so they will enjoy many of the benefits you do. For students going away to school, the gift of their own CAA membership will mean peace of mind for both of you. caask.ca/membership/plans

IS IT TIME TO ADD AN ASSOCIATE?

They have studied and practised and passed their driver's exam. Now it's time to set your young driver out into the world—but not without CAA.

Make sure your young drivers have the same coverage and protection you do. Add your teen (or anyone who shares a home with you) to your CAA Membership as an Associate.

Associate Members enjoy the same benefits as Primary Members, and at a substantially lower price. And the coverage goes with the Member, meaning that, even if your Associates aren't the ones driving, they can rely on CAA to be there when needed.

To add an Associate log into your CAA online account or sign up at caask.ca/register

College Confidential

There are so many ways to save with CAA

BUDGETING FOR THE STUDENTS

in your life can feel like one big juggling act. Here's the good news: those hard-earned dollars can stretch a little further with CAA Rewards®. Some CAA Rewards Partners have exclusive discounts for Members, others offer a percentage of your purchase back as CAA Dollars®, and some do both. Whichever way it is, you win.

Download the CAA App for a convenient way to track your CAA Dollars and to find Rewards Partners near campus or home. Keep your Membership card in your wallet to show for in-store purchases and don't forget to ask at checkout if your favourite retailer is a CAA Partner (new Partners are being added all the time).

One CAA Dollar is worth \$1 CAD. Here's how you can use your CAA Dollars:

- **Book a spring break trip through CAA Travel.** Members are eligible for discounts and special offers.
- **Pay for your CAA Membership or Travel Insurance.**
- **Catch a film at Cineplex.** CAA Dollars can be used when you pre-purchase movie tickets at any CAA store.

Visit caask.ca/rewards for more details, then go to caask.ca/membership/caa-mobile-app to download the CAA App.



BUNDLE AND SAVE



Home and Automobile Extension Insurance

Looking for a great way to save on your insurance? Bundle your home¹ and auto extension insurance² with CAA and save 10% on your premium³. Our comprehensive coverage protects what matters most to you, while our exclusive member benefits offer added value. Visit us today to learn more about our Home and Auto Insurance Bundle.

CAASK.CA/INSURANCE | VISIT A CAA STORE | 1.800.564.6222

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REWARDS**

¹Property Insurance is underwritten by CAA Insurance Company. ²CAA Automobile Extension Insurance is underwritten by CAA Insurance Company. ³Subject to certain conditions and approvals. Underwriting eligibility rules apply. ⁴CAA trademarks are owned by, and use is authorized by, the Canadian Automobile Association.



Stranded but Safe

While awaiting roadside assistance, here's how to stay safe

IT'S THE SCENARIO NO ONE wants to be in. Your car breaks down on the highway. What to do? First of all, don't panic. Then follow these simple steps:

- **Get off the road.** If you must pull onto the left shoulder, do so as far away from moving traffic as possible.
- **If your safety is at risk, call 911 and communicate your situation.** They will advise you on what to do. After calling emergency services, call roadside assistance and then a family member or friend.
- **To help responders find you, note any major exits, signs or landmarks.**
- **Turn on your hazard lights, especially at night and in bad weather.**
- **Stay in your vehicle, it provides temporary shelter until help arrives.** However, if you must get out, exit from the side away from traffic. Never stand behind or directly in front of your vehicle.
- **When calling roadside assistance or using the CAA App, be prepared to share your CAA Membership number, cellphone number, your location, your vehicle's description and the nature of your problem.**

Remember, it's always best to be prepared. Keep calm and cautiously follow those steps while you wait. Help is on the way.

Need help? For CAA Roadside Assistance, call 1-800-222-4357, request online or download the CAA Mobile App.

Will an EV Battery Live Long and Prosper?

Here are the facts about EV battery longevity and replacement costs

By Matt Bubbers

TWO OF THE MOST COMMON QUESTIONS our auto experts get asked is how often EV batteries need to be replaced, and how much a replacement might cost.

Horror stories typically make headlines. You may have seen news reports about high-profile recalls to fix issues that could potentially cause EV battery fires.

The reality, however, is that EV batteries have improved a lot—and are proving to be extremely reliable and long-lasting. Yes, with age and use, batteries will slowly degrade, offering less driving range. Exactly how much less driving range you can expect from an old EV battery is the big question.

Obviously, there aren't many old EVs on the road and those older models don't necessarily reflect the most recent battery technology. But even with those caveats, the latest research on EV battery longevity is promising.

A study published in March by Recurrent Motors Inc.—a Seattle-based company that provides independent reports on the battery life and range of used EVs—assessed 15,000 EVs of various makes and models. Among EVs that had covered more than 160,000 kilometres, the majority still had at least 90 percent of their original driving range left, which is impressive. Recurrent's conclusion: "So far, it seems that EV batteries have much longer lifespans than anyone imagined, since very few of them have been replaced."

Combustion-engine cars typically last 250,000 to 300,000 kilometres, but modern EVs could last a lot longer.

If, however, you are very unlucky and your EV's battery needs replacing out of warranty, the costs can be high, varying wildly, from around \$3,500 to more than \$20,000, depending on the make and model. If you're concerned, ask your local dealer about replacement costs.

Go to caask.ca/EVs to learn more about EVs.



Beyond Roadside

Roadside Assistance is just the start of your many CAA Member benefits

YOU KNOW THAT CAA's automotive services have you protected. But are you aware of all the other benefits, rewards and discounts that come with Membership? These include the following:

- discounts or perks at CAA Rewards® Partners across North America
- earning CAA Dollars® on your daily purchases by shopping at select retailers
- discounts on home, car and travel insurance
- access to expert CAA Travel Consultants, Insurance Agents and Member Services Representatives

HERE'S WHAT PEOPLE ARE SAYING:

- I just want you to know how pleased I was with the recent service I received from Jennifer Gartner. She was very knowledgeable and professional and provided quick and efficient service in my recent air ticketing experience.
-Bert
- Yesterday I went to the CAA Saskatoon East Store to purchase auto insurance. I received amazing service from Valerie Gwin. She was so knowledgeable. I will share my experience with others. What a gem of an employee. Thank you, Valerie.
-Janet
- I cannot express in writing the gratitude I have for Mikayla Wirth. Her assistance today as a Member Services Representative went beyond what I could have ever predicted.
-Agata

Go to caask.ca/membership/plans to learn more about all the benefits of CAA Membership.

Service You Can Trust

CAA MEMBERS IN REGINA have two sources of expertise to turn to for trusted advice and service for their vehicles. Since 1971 the Regina Battery Depot has been the one-stop shop for everything related to the electrical heart of your vehicle. And its location, 980 Dewdney Avenue, is also home to the CAA Car Care Centre. Both operations have the same goal—providing premium-quality parts and the topnotch service CAA is known for.

REGINA BATTERY DEPOT

Not only does the Regina Battery Depot carry a deep inventory of batteries, it also repairs and rebuilds all types of them. And when the batteries are fully spent, they are recycled in order to reduce any environmental risks. The Depot stocks batteries for cars, trucks, RVs, campers, boats, snowmobiles and ATV/quads, as well as specialty batteries for small electronics and devices such as mobile phones, watches, hearing aids and medical equipment. And if the Depot doesn't have what you need, they will track it down for you and order it. The staff also perform minor electrical repairs, plus design and build charging systems customized to your requirements.

At the Regina Battery Depot, which is open to the public, CAA Members get 10 percent off regular-priced merchandise

For more information, visit caask.ca/automotive/repairing-maintenance/regina-battery-depot or call 306-522-2221.



CAA CAR CARE CENTRE

Staffed by a team of experienced journeyman mechanics, the CAA Car Care Centre offers a full range of automotive maintenance services performed to your vehicle manufacturer's specifications. But service goes deeper here. The Centre is owned and operated by CAA Saskatchewan, which means that being a customer is backed by the assurance of one of Canada's most trusted brands. The team prides itself on working with you on a regular maintenance plan that will help keep your vehicle in tip-top shape.

The Centre's Vehicle Inspection Service provides a professional evaluation of your vehicle's condition, which will help when the time comes to sell or to consider purchasing another pre-owned vehicle.

New customers—both CAA Members and non-members—save 50 percent on the cost of the 120-point inspection, and the fee is waived if repairs are completed on-site. Customers do not have to be CAA Members to visit the Centre, but Members enjoy 10 percent off labour costs.

Learn more at caask.ca/automotive/repairing-maintenance/car-care-centre or call the CAA Car Care Centre at 306-791-9500.

All for One

CAA Insurance—one-stop, streamlined protection

LET'S FACE IT—LIFE HAPPENS, and not always the way you want it to. Insurance offers some reassurance that if something goes wrong, help is available. It makes sense, then, to turn to Canada's most trusted brand insurance provider, for all types of coverage.

CAA Insurance removes “overwhelming” from the equation through a simple, streamlined process that puts you in control. It makes things a little easier to know that insurance for your home and pet, as well as for travel and for tenants can all be taken care of. Plus, bundling your insurance needs translates to multi-line discounts on top of CAA's Member-exclusive savings.



• CAA Home Insurance protects your home and belongings against loss from fire, theft, wind, vandalism and other unexpected events.



• CAA Pet Insurance covers the cost of veterinary care for your four-footed companions. Options are available for accident and illness, with additional coverage for routine checkups to help spread out the cost of annual pet care over time.



• Packing CAA Travel Insurance for your next vacation takes the stress out of travelling—you know you're covered for medical emergencies, lost luggage and trip interruption.



• CAA Tenant Insurance is crucial for renters as it protects belongings against loss from fire, theft, wind, vandalism and other unexpected events not covered by the landlord's insurance policy.

Members save money. Visit us at caask.ca/insurance to learn more or book an appointment to speak to a CAA Insurance Agent.

Update: Effective October 1, 2023, Personal Accident Insurance (PAI) will not be automatically included with new or current CAA memberships. However, the coverage is still available for those Members who choose to purchase it. CAA Members who have opted for additional coverage can be assured that their coverage level is unchanged. For details, please visit: caask.ca/pai or speak with your local CAA Insurance Broker or CAA Member Services Representative.

VIKING TAKES YOU TO THE HEART OF THE PLACES YOU WANT TO EXPLORE

With prime docking locations along the great rivers of Europe—the Rhine, Main, and Danube Rivers—Viking delivers you right to your destination's doorstep. Our award-winning river voyage vessels dock right in the heart of town, so you can walk right off and start exploring. Whatever itinerary you choose, Viking has the largest choice of itineraries, ships, and departure dates to explore Europe in comfort.

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TRAVELERS WORLD'S BEST AWARDS 2022
#1 Rivers & #1 Oceans

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Take advantage of the Viking
EXCLUSIVE CAA MEMBER BENEFIT:

\$200 per person shipboard credit for all Viking voyages 12 days or longer

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Contact your CAA Travel Consultant to book:

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*Note: CAA Member Benefit: \$100 per person shipboard credit for all Viking voyages 8-11 days. \$200 per person shipboard credit for all Viking voyages 12 days or longer. Shipboard credits can only be applied when booked directly by CAA Travel Agent. This offer is combinable with group rates, early booking discounts, past passenger discounts, refer a friend credits and future cruise vouchers. Offer is not combinable with interline and wholesale bookings or valid on other Viking products. Onboard credit has no cash value. Viking reserves the right to correct errors and to change any and all fares, fees and surcharges at any time. CST# 2052644-40

FALL TRAVEL PLANS



**CAA
MEMBERS
SAVE 10%***

Fall travel plans? Pack your Travel Medical Insurance. Our coverage protects you from medical emergencies and trip interruptions. Single trip or Multi-trip¹ plans available. Travel smart this fall. Visit our website for a free quote.

CAASK.CA/INSURANCE | VISIT A CAA STORE | 1.800.564.6222



**INSURANCE
TRAVEL
AUTOMOTIVE
REWARDS**

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 is required if you are 60 years of age and older 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. ¹Medical Multi-Trip Plans cover 4, 8, 15, 30 or 60 days per trip depending on the plan you purchased. Top-Up coverage is available for longer trips. Coverage cannot extend beyond 365 days from departure date or effective date. Multi-Trip Vacation Packages covers 4, 8, 15, or 30 days per trip depending on the plan purchased. Top-Up coverage is available for longer trips. Coverage cannot exceed 365 days from departure date or effective date. There is a maximum travel coverage of 63 days including Top-Up for travellers aged 60 to 84 years of age.



Going Places

Book with CAA for fall and winter travel

IT'S TIME TO PLAN FALL GETAWAYS AND WINTER ESCAPES. Book your next trip with CAA's professional licensed travel consultants, whether you're a CAA Member or not. Terry Kaszas—general manager of travel services at CAA Saskatchewan—shares the inside scoop on why.

WHAT SORT OF TRAVEL OFFERINGS CAN PEOPLE BOOK WITH CAA TRAVEL?

People can book anything under the sun, moon and stars. We can do everything, whether it's renting a car, booking a flight or hotel, even planning private island vacations. Anything you wish to do, we can make it happen. CAA Travel is a one-stop shop, where any travel dream comes true.



DO YOU NEED TO BE A CAA MEMBER TO BOOK WITH CAA TRAVEL?

Anyone, including non-members, can book with us. I will say, though, that Members get access to benefits from many of our preferred suppliers. There are various levels of savings and optional perks that Members can get when they book with us.

WHY IS BOOKING WITH CAA BETTER THAN DOING IT ON YOUR OWN?

From the minute a Member calls, emails or comes in-person to one of our stores, our trained and licensed consultants will save you time and take the stress out of travel planning. We offer expert recommendations, we become your advocate from beginning to end, we deal with the unexpected things that can come up during the trip and we navigate changing travel conditions.



You can't call the Internet when you have a problem, but you can call or email our trusted travel consultants for help. You know, we've helped so many people over the years who've become lifelong CAA Travel clients because of things that have happened when they tried doing things on their own.

We've been around for a long time and people see the value they get by booking with CAA Travel.

Wherever and whenever you're ready to go, CAA Travel will help get you there.

Visit caask.ca/travel, call us at 1-800-564-6222 or visit any of our 11 CAA stores in nine Saskatchewan communities.

WANDER FAR, WANDER WIDE

with CAA Travel



A CAA Travel Consultant will get you there

Discover a stress-free journey and indulge in the art of relaxation by leaving your bucket list with a CAA Travel Consultant. Sit back, relax, and let us craft a seamless experience, allowing you to fully embrace the adventure that awaits.

CAASK.CA/TRAVEL | VISIT A CAA STORE | 1.800.564.6222



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Discover Women Xplorers

By Cindy Erixon, WestWorld Tours & Women Xplorers Tour Coordinator

WOMEN XPLORES WAS DEVELOPED by WestWorld Tours for one purpose—to support women of all ages and backgrounds, so they can realize their travel dreams through high-quality small-group, women-only tours to a variety of destinations. Designed by women for women, these tours provide personalized and rewarding travel experiences led by professional female guides. There are numerous benefits in connecting with other women and forming friendships, including the freedom and ease of travelling with confidence and support.

SOLO WOMEN TRAVELLERS HAVE A CHOICE

Too often, for women, the thought of travelling alone when family or friends are unable to travel with them means limited options and additional costs. This can prevent them from going to the destinations they really want. In situations like this, women are often faced with three options:

1. Stay home, which is disappointing
2. Travel alone, which, for many, is uncomfortable
3. Find a group of women who are as excited about travel as you are

Women Xplorers offers a solution geared to women travelling solo.

SAVE THE SINGLE SUPPLEMENT

Travelling with a bestie saves on the dreaded “single supplement.” But if you don’t have that option, Women Xplorers can help via the room share program and guarantee. Solo travellers are paired to share a room—a win-win for everyone, as this saves on the single supplement charge. And if another traveller is not available to share, solo travellers still won’t pay the single supplement, guaranteed.

TRAVEL WELL WITH WOMEN XPLORES

Deciding where and when to travel and making all the necessary arrangements is a tall order, and Women Xplorers is designed specifically to support travellers on their journey. Dedicated office staff and a team of specially trained Tour Directors at Women Xplorers all work together to provide unique, safe and fun travel opportunities customized to female travellers. The end goal? Enrich the lives of women by exposing them to exciting new experiences through travel and friendship.

Visit westworldtours.com or call **1.800.564.6222** to learn about your next adventure! Your trusted CAA Travel Consultant can assist with all your travel plans.

See. Explore. Discover.

Anniversary Tour Panama Canal | January 22 – February 12, 2024

Walk barefoot on the white sands of Key West and Santa Monica. Immerse yourself in Old Town Key West, popular with the smugglers and privateers of the past. Walk the famous Santa Monica Pier and cruise through the busy Panama Canal, and stop along the many Mexican ports to soak up the sun and the culture.



Egypt | March 1 – 16, 2024

The mysteries of Egypt await! Experience the kiss of the Egyptian sun on your cheek as you explore the wonders of Egypt. Sail along the cool waters of the Nile, onboard a 7-night luxurious river cruise. Visit the oldest Seven Wonders of the World.



Women Xplorers Morocco | April 22 – May 5, 2024

A country of dazzling diversity, Xplore mysterious and mesmerizing Morocco with its epic mountains, sweeping deserts and ancient cities. An ancient land where the intoxicating sights, colours, and aromas entice the senses. Morocco is sure to steal your heart!



Peru | May 8 – 23, 2024

Delve into the world's most intriguing lost and found story! Experience the culture and wildlife of Peru, a land of astonishing landscapes and pulsing history, where lost civilizations live on in the spirit of the Peruvian people.



A taste for storytelling

We're sharing stories about Canadians making a change that ripples across the country. For this inspiring filmmaker and habitual explorer, caring means sharing

By Sean Deasy | Photograph by Danielle Tocker



CANADA IS A BOUNTY of delicious, untold stories, says Felipe Gomez. And he's driven to uncover and share them. In fact, he has already started.

Gomez, a Chilean Canadian filmmaker, is also known as Felipe the Explorer. The tag couldn't be more apt. "I was born with a heart for songs, stories and cycling," he says, "and they're all fuelled by my love of food and family."

His cinematic quest gained momentum in 2016 with the Bike and Bass Tour, which combined music and a cycling expedition to bring art and culture to rural communities in northern Saskatchewan.

Then, as part of a government initiative to promote the province, Gomez became 2021's Saskatchewan wanderer, travelling in the CAA-branded wanderer-mobile to film his journey for a broader audience. It spawned a passion for Indigenous cuisine.

His most recent venture is the web series *Big Heart/Small Town*. In it, Gomez and co-host chef Jodi Robson (a member of the Okanese First Nation) explore Saskatchewan's Indigenous food traditions by taste-tripping through the province.

"Canada is made of many small places," notes Gomez. "Putting them at the centre of our storytelling gives people a chance to experience places they've never even heard of."

The program spotlights individuals dedicated to preserving Indigenous recipes, and Gomez intends to take the series nationwide. "We're aiming to feature stories from communities across the country."

Get ready for some delectable tales. **CAA**



We're celebrating Canadians doing good in their communities. Know someone?

Send their story to caa.magazine@caask.ca and they could be featured in an upcoming issue.



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