

CAA

MAGAZINE

- Get the Best Car for You
- Welcoming our Feathered Friends
- Tracking Through Florida

SPRING 2024

A CULINARY JOURNEY

SAMPLING JAPAN'S DELECTABLY DIVERSE CUISINE





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DAKOTA DUNES
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ROAD MAP

SPRING 2024

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AURORA VILLAGE GAWAIN JONES / NWTT

A New Beginning

TANSI! HELLO!

I am excited and honoured to have been elected as Chair of CAA Saskatchewan's board of directors at the annual general meeting last fall. Prior to my appointment, I served as Vice-Chair for a two-year period and joined the board in 2013, proudly serving on the audit committee. According to CAA Saskatchewan, I am the first First Nations Chair of the board for our club. In my new role, I look forward to continuing to collaborate with our experienced directors and staff to maintain and increase our membership and client base as a strong Saskatchewan business leader and member-based organization. My personal thanks and recognition to past Chair Brian Barber for his excellent leadership and guidance.

My professional experience is in the gaming and hospitality industry. I am the Region East General Manager for the Saskatchewan Indian Gaming Authority. I also served on the board of directors of the Saskatchewan Chamber of Commerce and formerly was president of that organization where I was recognized as the first First Nations Chair of a provincial chamber of commerce in Canada. My family and I have called the city of Prince Albert home for many years and, as a proud resident, I have offered my community support with several organizations, including serving on the board of directors of the Prince Albert Police Service.

Through the years of being on the CAA Saskatchewan's board and as a CAA Member, I have learned more about

what CAA Membership really means. We know that Members trust CAA for its professional roadside assistance that is available 24/7, 365 days a year. But CAA also provides many other relevant services, so we can enjoy our everyday lifestyle, as well as peace of mind, via travel, insurance and discounts through CAA's numerous Rewards® Partners.

CAA is also a recognized Advocacy and Safety leader with information and programs that are accessible to everyone. Did you know that CAA Saskatchewan has owned and operated the CAA School Safety Patrol program since 1951? School zone safety and road safety for drivers, cyclists and pedestrians are just a few of the important programs administered by CAA. Air travel is another area in its safety portfolio and I encourage you to learn more about your rights as an air traveller with CAA's new APPR tool. Visit caask.ca/airpassengerrights to learn more.

In closing, my thanks to our dedicated Members and clients for making CAA your membership organization and business of choice. Remember, there is a CAA Membership to fit everyone's lifestyle, including the Value membership, priced at \$10 a year, which provides all the CAA Membership perks and benefits (except roadside assistance).

Please reach out to us at notify@caask.ca with any questions, comments or suggestions on how we can better serve you.

Stay safe and take care. CAA



Richard G. Ahenakew
Chair, CAA Saskatchewan
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PHOTOGRAPH: COURTESY OF DENNIS DAY

Member Letters

I'M A MEMBER FOR LIFE

My CAA Membership has been a constant in my life and has given me reassurance that should I need help, there is someone to call. Throughout the years, the use of my membership has changed. When I was younger and had an older vehicle, I used the membership for battery boosts and flat tires. In my working years, it was handy when I accidentally slid into the ditch on an icy road or locked my keys in my car.

Now, 50 years into having a membership, I love to travel and have enjoyed many adventures all over the world with travel insurance I've purchased from CAA. Stephanie Hollinger and Susan Vogelsang at the Regina East Store know my wife and me by our first names—that's where we do all our business because they treat us like family!

—Dennis D.

Dennis's 1936 Maple Leaf tanker truck was the People's Choice Award winner at the Access Communications Labour Day Show N Shine, held in Regina on September 4, 2023. His fully restored fuel hauler is one of only 352 of these trucks built by General Motors in Canada.

Dennis's love for these vintage trucks was sparked by his father, Chester, who established his trucking business, C.S. Day Transport Ltd., in 1938. Chester started hauling fuel with his 1938 Maple Leaf truck from a small refinery in the hamlet of Bishopric to his father's plant in Meyronne, Saskatchewan. Due to the uncertainty of the war, Chester sold his truck when he volunteered to serve in the Canadian Armed Forces during the Second World War.

When he returned from the war, he resumed his business and used a variety of trucks including a 1939 Maple Leaf. The transport company has been passed down through the generations to his son, Dennis, and stepson, Doug, and in 2012, to his granddaughter, Heather. Dennis's cherished childhood memories were the inspiration to finding and restoring this 1936 Maple Leaf.

Thank you, Dennis, for your membership, and for sharing your story!



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.

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RADAR



The fully accessible 40-metre-high Sentier des Cimes offers a panoramic view of the Laurentian Mountains.

Province of Adventure

Discover first-hand how Quebec earned its nickname, La Belle Province

AS WINTER RETREATS, spring is a great time to experience the delights of La Mauricie, Lanaudière and the Laurentians—three neighbouring regions of Quebec just a few hours north and east of Montreal. From a walk through the tree canopy to a scenic seaplane ride and Instagram-worthy accommodations, here are a few spots not to miss.

FAROUCHE TREMBLANT

This glamping experience, mere minutes away from Mont-Tremblant National Park, combines the best of Instagrammable aesthetics (A-frame cabins) with home-like comforts (king beds) in nature. If you're not staying overnight, stop by the café (open weekends in spring) for a coffee, a local beer or a glass of natural wine. You can rent paddleboards and electric fatbikes to explore the land around the property. Farouche also purveys herbs and spices grown on their farm, which make for excellent gifts. And if you ask, they might even let you explore the farm yourself.

“Once you reach the top, you can challenge your fear of heights by walking out on a net suspended in the centre of the panoramic lookout tower

SENTIER DES CIMES

Built in 2022, the Sentier des Cimes is a spiralling boardwalk and observation tower tucked into the pine, spruce and maple forest of the Laurentians. The 1.5-kilometre journey from the front entrance to the top of the 40-metre-high tower is fully accessible for those with strollers and mobility aids. Once you reach the top, you can challenge your fear of heights by walking out on a net suspended in the centre of the panoramic lookout tower.

HYDRAVION ADVENTURE, LA MAURICIE NATIONAL PARK

The best views of La Mauricie National Park are from above. Hydravion Adventure's seaplanes take off from the St. Maurice River and bring visitors up to the skies for a journey around the St. Lawrence Valley, where they can see the city of Shawinigan (the birthplace of former prime minister Jean Chrétien) and La Mauricie Park's lakes and lush forest canopy. Choose from a 75-kilometre round-trip flight or the longer 125-kilometre trip—both are scenic floatplane adventures.

LE BALUCHON ECO RESORT

This sprawling eco-resort has gradually been expanding since it opened in 1990. Le Baluchon now spans 1,000 acres, including farmland, with 88 rooms across four inns, seven suites and chalets and more than 35 kilometres of hiking, mountain biking and horseback riding trails (there's a horse stable on the property). End your day with a soak in their Nordic spa, which has outdoor hot tubs with a view of the Rivière du Loup.

THE LOCALER

Hayley Wickenheiser

HAYLEY WICKENHEISER and hockey go together like, well, a slapshot and a goal. Wickenheiser, who was born in Shaunavon, Sask., joined the Canadian National Women’s Hockey Team at 15, competed in a dozen world championships and won five Olympic medals in hockey, including four golds, before retiring from competition in 2017. Today, she is the assistant general manager of the Toronto Maple Leafs, running player development, and—in case you thought she might be slacking—is completing her medical residency in emergency medicine at the University of Toronto. And, in between all of the above, Wickenheiser makes time to give back through WickFest, the non-profit hockey festival she founded in 2011.

Now officially known as The Canadian Tire World Female Hockey Festival, WickFest began as a way for Wickenheiser to “leave a legacy...to leave the game better off for young girls,” she says. Designed as a professional development weekend for girls in hockey, the annual event includes games between teams, as well as sessions on topics such as nutrition and post-secondary opportunities. “It’s not just a hockey tournament,” Wickenheiser notes. “We invite Olympians, NHL players past and present, [and] all sorts of different athletes from different sports to come and work with our kids.”

To date, Wickfest has hosted 30,000 female hockey players between the ages of 5 and 18 from across Canada, parts of the U.S., and countries including India, Mexico and Czechia. And the festival continues to grow. This past winter, WickFests were held in Surrey, Calgary and Milton, and there are plans to expand to Halifax and Saskatoon. “It’s a labour of love. It’s a lot of work. But it’s something that just keeps me grounded,” Wickenheiser says. “It gives me lots of energy to keep going in the sport of hockey.”

—Truc Nguyen



Hayley Wickenheiser created Wickfest to support girls in hockey. “It’s something I wish I had as a kid.”



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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Glamping a go-go

Ditch that pitched tent for one of these glam campsites across Canada

AS THE WEATHER WARMS UP, it’s time to sleep under the stars—in style. From a horse farm with see-through domes to ultra-cozy, oceanside tree pods, take your pick from these wonderful glamping spots from coast to coast.

CAMP WOLF WILLOW: Outlook, Sask.

This magnificent 100-acre property sits on the hills above the Saskatchewan River, 80 kilometres south of Saskatoon. Alongside traditional campsites are solar-powered glamping options, including wooden A-frame cabins and luxury canvas tents. And there’s entertainment for both young and old. Think kiddo-gear seasonal activities, like a lilac maze and pumpkin patch, and the adult-friendly winery and pizzeria right next door.

UTOPIA FEELS BOTANICAL GLAMPGROUND AND MICRO-FARM: Coldstream, B.C.

Located 65 kilometres northeast of scenic Kelowna, this Indigenous-owned “glampground” delivers on its name. Not only is it housed in a former plant nursery—with 20 acres to explore—it also has farm animals on-site, including a Jersey calf, giant rabbits and dwarf goats. The tents are dressed to the nines with queen beds and handcrafted furnishings.

ELK ISLAND RETREAT: Fort Saskatchewan, Alta.

In the heart of the Alberta wilderness, just east of Edmonton, is Elk Island Retreat, a 60-acre family-owned campground with four geodesic domes, two yurts and three cabins—thoughtfully kitted out with gas fireplaces, outdoor barbecues and cozy queen beds. Jurassic Forest is a 45-minute drive away, and luxury catered picnics are available on-site.



F&B’s Baked “Saskatchewan” is a playful take on the classic.



A geodome at Ontario’s Glen Oro Farm features a splendid sky view.

GLEN ORO FARM: Hawkestone, Ont.

Calling all galaxy gazers... Glen Oro Farm, situated some 130 kilometres north of Toronto, features nine geodesic domes with see-through walls and ceilings, perfect for marvelling at the starry night sky. There’s also a 200-acre horse farm (guests can gallop through the nearby forest if they wish) plus five luxurious canvas tents, a spa-style cold plunge and a cedar-barrel sauna heated by a Finnish wood stove.

TREETOP HAVEN: Mount Tryon, P.E.I.

The ultra-cozy accommodations at Treetop Haven, an all-season family-owned property, are nestled amid green space 45 minutes west of Charlottetown. Glampers can avail themselves of five TreePODs—a cross between a treehouse and a pod or dome—as well as a vacation apartment and a lodge (both accommodate up to nine guests each). Everything the east coast has to offer is just a hop, skip and jump away—lobster shacks, red sand beaches and the Atlantic Ocean.



A CAA Travel Consultant can help you explore more cross-country summer fun. It’s easy to connect with a Consultant—visit caask.ca/travel or call 1.800.564.6222.

HOT SPOT

F&B Restaurant

Restaurants are like doors. When one closes, another opens. That’s the case in Saskatoon, where chef Dale McKay, winner of the first season of Top Chef Canada, shuttered his two downtown restaurants only to open a new one in the space formerly occupied by one of them. His latest venture, F&B—industry slang for “food & beverage”—is a modern space with an ever-evolving menu that serves up local delicacies, from Saskatchewan lamb to Saskatoon berries, with a delicious, forward-thinking twist.

—Beth Hitchcock



PLAYLIST

What Songs Do You Road-Trip to, Connie Kaldor?

Juno award winner and Order of Canada Member Connie Kaldor created this playlist while driving across western Canada on tour, supporting her latest album, *Keep Going*. The legendary singer-songwriter says, “Songs on the road are often a combination of things we need to learn for the next show, things we’re listening to and songs we’ve picked up along the way.” She also gets to hear what her sons are listening to via a long phone plug-in that goes all the way to the back seat.

–Karen Bliss

Wild One
Connie Kaldor

Cows Around
Corb Lund

Tanqueray
Russell deCarle

Smokes ‘n Chicken
The Perpetrators

Jours des plaine
Daniel Lavoie

Lift You Up
Suzie Vinnick

Think
Aretha Franklin

Hidden Valley
Alexis Normand

Till I Get Home
Aleksi Campagne

Keep Going
Connie Kaldor

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



An aerial view of a hole at Elk Ridge Resort, Saskatchewan.

Into the Swing of Things

Hole-in-one golf resorts across the country

By Andrew Penner

CANADA IS A GOLF-RICH COUNTRY with renowned resorts where you can “grip it and rip it,” coast to coast. And now that spring is here, *putter* patter, let’s get at ‘er.

FAIRMONT JASPER PARK LODGE When golf courses are described, the word “masterpiece” is often overused. However, in the case of Jasper Park Lodge—a stunning 99-year-old classic by renowned golf-course architect Stanley Thompson—the description fits to a tee. Both the course and the regal resort are situated on the peaceful shores of gem-blue Lac Beauvert, Alberta—a truly unforgettable setting.

ELK RIDGE RESORT Comfortably in the top tier of Canadian golf spots is the 27-hole Elk Ridge Resort, located in a beautiful swath of boreal forest on the edge of Prince Albert National Park, Saskatchewan. Featuring a soaring timber-framed lodge, a spa, fine dining and contemporary rooms just a Nick Taylor putt from the first tee, this resort is an oasis in Western Canada.

PHOTOGRAPHS (FROM LEFT) COURTESY OF CHRISTINA HIGHAM; COURTESY OF BRAYDEN ELLIOTT

PHOTOGRAPH: COURTESY OF FAIRMONT; JASPER PARK LODGE; ICONS: THE NOUN PROJECT

LAKEVIEW HECLA RESORT With some holes sitting snug along the shores of Lake Winnipeg and others zigzagging through a majestic mixed forest, the layout at the Lakeview Hecla Resort, Manitoba, is peaceful—parkland golf at its finest. After golf, guests can unwind in the cozy confines of the lodge, soak in the indoor/outdoor pools, visit the Salka Spa and dine at Seagull’s Restaurant and Lounge.

TABOO MUSKOKA A lodge. A lake. A golf course. It’s the trifecta for those looking for the ultimate golf retreat. And the entire Muskoka area north of Toronto is pure gold for golfers. Located along the rocky shores of Lake Muskoka, Taboo is an upscale resort that includes a fantastic Ron Garl-designed golf course, which is expertly routed through rough terrain.

Non-golfers will appreciate the wide assortment of recreation options, including the beautiful private beach, hiking and biking trails, nearby boat rentals and clay tennis courts.

THE ALGONQUIN RESORT This historic New Brunswick outpost boasts a spectacular seaside golf course that was recently renovated by acclaimed Canadian architect Rod Whitman. The entire property is steeped in history. If the golf course and iconic Marriott Autograph Collection Hotel don’t win you over, the charming and historic village of St. Andrew’s by-the-Sea surely will. This is considered Canada’s first seaside resort town.

CABOT CAPE BRETON With two of the best links courses on the planet—Cabot Links, opened in 2011, and Cabot Cliffs, opened to the public in 2016—Cabot Cape Breton, Nova Scotia, is an unparalleled golf offering in this country. It’s essentially the St. Andrews of Canada. Thanks to the luxurious lodge, the restaurants (fresh seafood, anyone?), the idyllic beach and the many nearby attractions—check out the Glenora Distillery—even non-golfing guests will savour the experience.



Sunset at Fairmont Jasper Park Lodge Golf Club in Alberta.

GOLF’S GOOFY COUSINS

So you’ve mastered traditional golf? Try your hand at some new and fun versions of the sport.



DISC GOLF

One of the fastest growing sports in the world, disc golf is played in a similar fashion to golf except players throw discs from a tee pad to a basket. Courses are usually 9 or 18 holes. Visit candiscgolf.ca to learn more.



FOOTGOLF

If your foot wedge is the best club in your bag, you may want to try your hand—er, foot—at FootGolf. Played with a regulation soccer ball by kicking it into a 21-inch cup, FootGolf is a fast-growing sport with new courses appearing across the country. Visit footgolf.ca to learn more.



FLING GOLF

Although still in its infancy, fling golf is nonetheless quickly on the rise. A combination of lacrosse and golf, it’s played with a Flingstick that, well, “flings” the ball towards the hole. You can even play it alongside your regular golf foursome! Visit flinggolf.com to learn more.



MINI GOLF

Call it what you want—Putt-Putt, goofy golf, putter golf, adventure golf (and there are more monikers)—but “miniature golf” is a game that has brought joy to millions for nearly a century. And its popularity continues—just ask Tiger Woods. His PopStroke mini-golf and casual dining concept is “popping up” all over the southern U.S. Visit minigolfsport.com to learn more.

Cabin Pressure

Flight cancelled at the last minute? Here's how to salvage your trip and get the compensation you deserve

By *Jeremy Freed*


IT'S A SCENARIO no traveller wants. You get to the airport, navigate check-in and security, arrive at your gate on time—and find out your flight has been delayed for hours or, worse, cancelled altogether.

Take heart. You might not be able to prevent the occasional flight cancellation, but there are resources and actions you can take that will help ensure a flight cancellation won't stop you in your tracks.

KNOW YOUR RIGHTS Since 2019, thanks to the advocacy of organizations such as CAA, the Canadian Transportation Agency's Air Passenger Protection Regulations have helped ensure that passengers travelling to, from and within Canada are fairly compensated for flight delays and cancellations when the airline is at fault. These regulations—often referred to as “the air passenger bill of rights”—are currently being reviewed, and an updated version is expected later this year. Until then, here are some highlights from the current regulations to keep in mind.

- If your flight is cancelled last-minute, airlines must provide the reason for the cancellation and the compensation and assistance you may be entitled to.
- If your flight is cancelled or delayed by three hours or more due to an issue within the airline's control, you are entitled to compensation, and the airline must book you on another flight as soon as possible.
- If the airline can't get you where you need to be or you're not satisfied with the itinerary they offer, in most cases you are entitled to a refund.

If you're travelling on an airline outside of Canada, keep in mind that air passenger rights vary from country to country. The International Air Transport Association ([iata.org/en/youandiata/travelers/passenger-rights/](https://www.iata.org/en/youandiata/travelers/passenger-rights/)) provides links to air passenger rights organizations in several regions and to a directory of Civil Aviation Authorities around the world.

 **Learn about** CAA's new Air Passenger Help Guide at caask.ca/airpassengerrights. And have a CAA Travel Consultant walk you through what to do if your flight is cancelled.



GET PREPARED Follow these best practices from Terry Kaszas, CAA Saskatchewan's general manager of travel services, to help ensure that a last-minute flight cancellation won't derail your travel plans.

INVEST IN TRAVEL INSURANCE Before you go on your trip, it's essential to purchase travel insurance, says Kaszas. “Once you have that, you're locked and loaded in case something unforeseen happens.” Travel insurance can make it easier to find another flight or receive compensation.

ARRIVE EARLY If you're travelling for a time-sensitive event, such as a wedding, plan to arrive at least a day ahead of time. “Give yourself a bit of a buffer if you can,” Kaszas suggests.

PACK SMART Kaszas' advice is to pack your carry-on with “true essentials”—fully charged tech, extra chargers, a couple of days' change of clothes, medication and valuables. And bring along some entertainment, too. “Take a good book, download movies or TV shows, and go with the flow.” **CAA**



Basics and Beyond

Drivers need to know a few maintenance essentials—and leave the rest to the professionals

By *Matthew Guy* | Illustrations by *Guilherme Henrique*

FOR MANY NEW DRIVERS, that licence is a ticket to freedom and an invitation to enjoy the open road. But the complex ins and outs of a vehicle may be intimidating, and understandably so. Here's some foundational knowledge to help new drivers build confidence on the road.

TIRE'D AND TRUE Those four tires are the only part of your car in direct contact with the road. Making certain they're in top shape—and as high-quality as you can afford—should be a priority. Watch for obvious damage caused by road hazards and make sure they're inflated to the recommended tire pressure. Keep an eye on the treads for any odd wear pattern, which could reduce traction and indicate an alignment problem.


FLUID SITUATION The fluids are the lifeblood of your vehicle. The engine oil, transmission fluid and coolant are vital for your car to function properly. Drivers of internal combustion engine (ICE) vehicles need to be familiar with key components under the hood. These include the filler cap and dipstick for engine oil and transmission fluid, as well as the coolant reservoir. Find out where the battery is located and check it for signs of corrosion or bulging, especially if it's more than three years old. Know how to read an engine oil dipstick or, at least, learn how to interpret dashboard indicators. And get into the habit of checking underneath your vehicle for any sign of leaking.

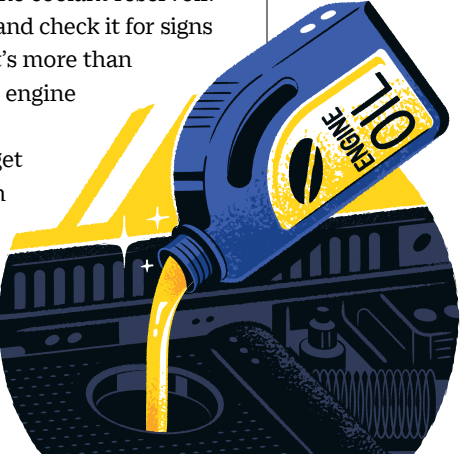
LEADING INDICATORS A car's dashboard is home to a host of

crucial information. Some warning lights illuminate in yellow or amber as initial alerts—i.e., reminders to keep an eye out for certain issues to be mentioned to your mechanic at a future service appointment. Other alerts, which may light up in red, are critical indicators of potentially serious problems—peruse the owner's manual for clarification. Many vehicles are now equipped with a tire pressure monitoring system—the typical TPMS image on a dashboard is a yellow tire-like icon with an exclamation point.

“A car's dashboard is home to a host of crucial information

BASIC MAINTENANCE A clear view is imperative for safety on the road, so you should replace windshield wipers twice a year, before they wear out. Changing the windshield wipers is a relatively simple task. The counter assistant at your local parts store may even offer to do it—watch closely and pick up a new useful skill. (There are CAA-produced maintenance videos on YouTube, too.) Rely on your mechanic for oil changes, seasonal tire swaps and thorough maintenance checks. And remember to refer to the owner's manual and follow the recommended service schedule. **CAA**

 **Questions about vehicles?** Visit caask.ca/automotive/repairing-maintenance to find out more about CAA's Approved Auto Repair Services (AARS).



What's Your Favourite...?

Legendary sportswriter and CAA Member **Rob Vanstone** talks sports, jazz greats and the best places to catch a game

By Nicole Keen



Mosaic Stadium, home base for the Saskatchewan Roughriders; sportswriter and lifelong football fan Rob Vanstone.

YOU COULD SAY THAT ROB VANSTONE WAS BORN TO take on the role of official historian for the Saskatchewan Roughriders. After all, he spent 36 years on the sports beat for the *Regina Leader-Post* and attended his first Roughriders game (in utero) with his football-loving mother. But Vanstone's love of all things sport runs deep. Hot on the heels of the publication of his latest book, *Brave Face: Wild Tales of Hockey Goaltenders in the Era Before Masks*, Vanstone shares a few of his favourite things.

When did you first get interested in football?

Well, I was born in 1964 and I've been going to Roughriders games since 1963. My mom was extremely pregnant when she took me to my first few games.

“

I was once the kid in the stands, sitting by the 10 yard line

So how did you end up writing a book about hockey?

It started as a newspaper project. It was just one of those bucket list things—I had been fascinated by the [Boston Bruins] goalie Gerry Cheevers since I was seven years old. He was one of the first people I interviewed for the book.

You obviously get your passion for football from your mother, but you're a big jazz fan as well. Where did that come from?

My father was an accomplished jazz musician, and his love of jazz definitely got passed on. I mentioned Oscar Peterson in the acknowledgements of my book because so much of it was written with him playing. I used to have a Scottish terrier named Oscar—that pretty much says it all.

Who's your favourite sportswriter?

My all-time favourite would be Bob Hughes. I grew up reading him in the *Regina Leader-Post* and just wanted to be him one day. My favourite [current] writer would be Jeff Pearlman. Every book he's written is an absolute master-class in how to write a book.

What's the best place to watch a game in Regina?

4Seasons is a great place to watch sports because they've got a ton of TVs lined up.

Do you have a favourite stadium?

It would be Mosaic Stadium in Regina, and before that, it was Taylor Field. When I was still at the *Leader-Post*, I was generally the last one in the press box. I'd always take a few extra minutes to look around and think how lucky I am to be able to do this. I was once the kid in the stands, sitting by the 10 yard line with my mom. **CAA**

PHOTOGRAPHS: COURTESY OF ROB VANSTONE

The Kids Are Alright

Accessibilty is the name of the game at Inclusion Weyburn, an organization working to make summer camp accessible to kids with developmental disabilities

By Lesa Hannah | Photograph by Danielle Tocker

WHEN JACKIE WILSON was babysitting her grandson Nash, she observed how much he loved junior kindergarten and the structure of his days. When summer break came along, his tune changed. He would become very anxious without his normal routine. “So, I thought, I'll just check out some places in town that offer summer programs for kids,” she recalls. But because Nash is on the autism spectrum, she quickly learned no one was prepared to admit him to their programs.

Wilson recognized that if this was the case for Nash, it must be the same for other children in the community with developmental disabilities. So, she took it upon herself to change that by approaching teachers who were aware of the need. “That's when we got started,” she says of what eventually became Inclusion Weyburn, a non-profit that supports people with intellectual disabilities in Weyburn, Saskatchewan. The board—on which Wilson sits as the president—is comprised of several teachers within the school systems of South East Public School and the Holy Family Roman Catholic Separate School Division. These teachers are very familiar with the kids that the organization serves, notes Wilson. “I feel really blessed to have those people on the board.”

Among the free activities on offer for kids are dances, swimming and sensory-friendly visits with Santa. But the summer camps that provide one-to-one care have made the biggest impact. The camps are for children from ages 3 to



What once began as a labour of love by Jackie Wilson for her grandson has turned into a thriving community organization.

“

We are noticing that individuals, businesses, groups in the community are becoming more inclusive

12, and there is a fee (around \$75 per week), which is similar in price to other summer camps. When the program launched in 2018, only six kids signed up, but last summer, enrollment grew to 30 and some had to be turned away due to capacity. A teen camp was established in 2023, reports Wilson. “The children who have been involved in the camp since they were young are now 13 and they really wanted to continue that for the summer. That really pushed us to get something going.”

The success of Inclusion Weyburn has had a ripple effect, too. “We are noticing that individuals, businesses, groups in the community are becoming more inclusive,” says Wilson. “And I think that's just a changing culture, thank goodness.” **CAA**



Is there an organization in your community that people need to know about?
We'd love to hear about it! Get in touch at caa.magazine@caask.ca.



Tracking through Florida

A high-speed, low-stress train tour through Central and South Florida reveals the Sunshine State's underrated gems

By Claire Sibonney

IMAGINE STARTING YOUR DAY with breakfast poolside at a resort in Orlando and, by noon, you're feeling the warm breezes of South Florida, in Palm Beach, Fort Lauderdale or Miami. It's easier than ever with Brightline, Florida's sleek high-speed passenger train, which has launched its eagerly awaited new route connecting Central and South Florida.

With trips from Orlando to Miami in just three and a half hours, Brightline whisks you through the Sunshine State, but the journey is about much more than getting there quickly. On this environmentally friendly biodiesel-electric train service, you can reduce your carbon footprint while experiencing the timeless luxury of low-stress train travel—in this case, replete with cushy hand-stitched leather seats, full windows for contemplative gazing and free mimosas for Premium guests. Just sit back and enjoy the scenery—Florida's famous citrus groves, bountiful wetlands and other glorious landscapes that change with every passing mile.

(This page)
A Brightline
biodiesel-electric
locomotive.
(Opposite page)
The Celebration
Hotel in Kissimmee
is next to the lake
and trails for walk-
ing and biking.



PHOTOGRAPHS (THIS PAGE) COURTESY OF BRIGHTLINE. (OPPOSITE PAGE) COURTESY OF CELEBRATION HOTEL

START: ORLANDO AND KISSIMMEE

After landing in Orlando, it's easy to hop on the Brightline with a stop right at the airport, but I decided to take some time to explore Kissimmee first. My base was the Celebration Hotel, with its architectural nods to turn-of-the-century Florida—replete with picket fences—in an area known for its picturesque American-small-town vibe, including an idyllic view of Lake Rianhard from my balcony.

The quaint streets of Celebration Town, a community originally developed by The Walt Disney Company in the 1990s, unfolds like a storybook village, and the serene lakes and sprawling wetlands of Osceola County beckon for a quiet kayak trip and glimpses of wildlife.

LOCAL ATTRACTIONS

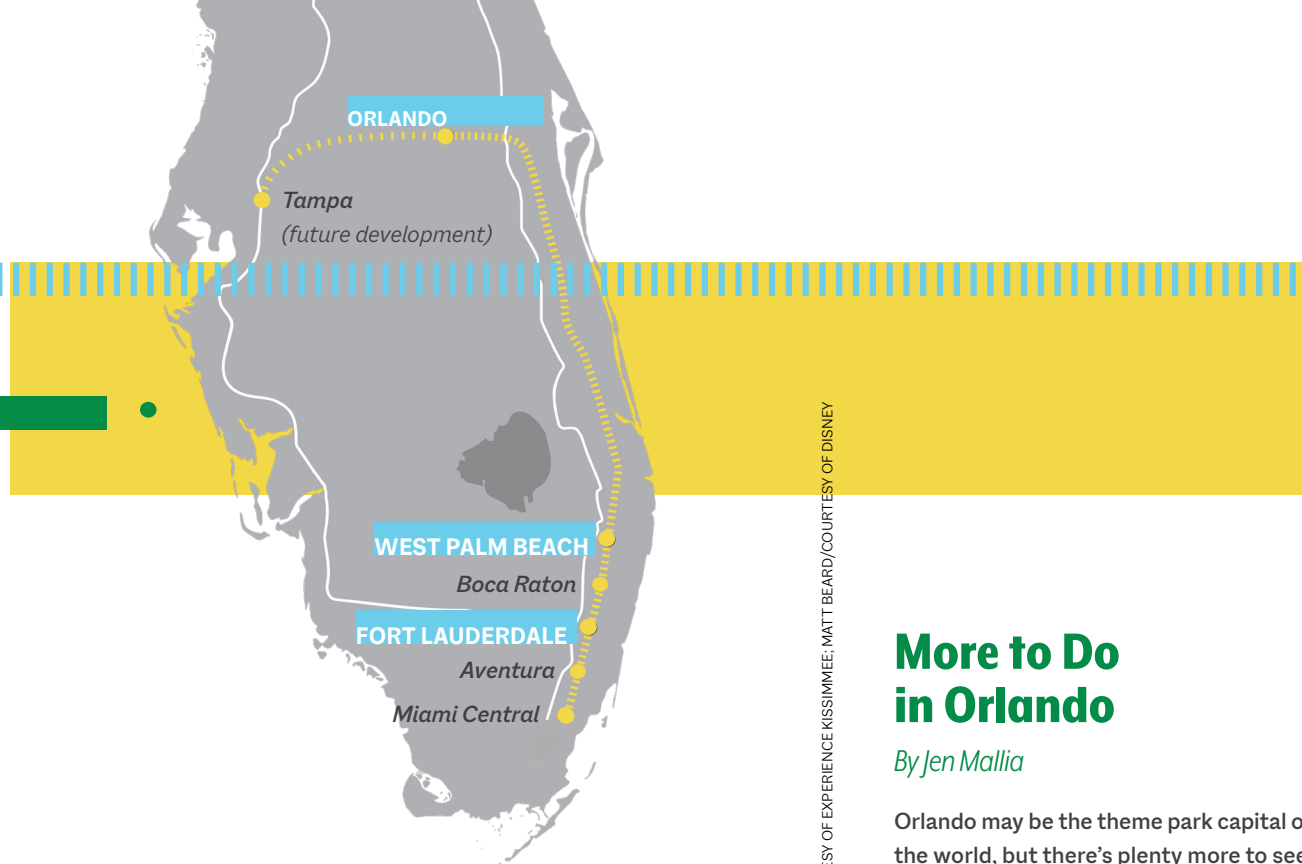
Gatorland This 110-acre family-owned park and wildlife preserve south of Orlando doubles as a refuge for relocated wild alligators. The park features a heart-pounding zip-line track that soars over alligator breeding marshes, teeming with hundreds of the so-called swamp puppies.

Paddling Center at Shingle Creek Glide under a canopy of stunning cypress forest, past banks brimming with wildlife (including herons, turtles and alligators), while learning about the creek's rich history.

Cirque du Soleil's *Drawn to Life* At Disney Springs, experience a world where animation and acrobatics intertwine in a performance featuring rhythmic gymnasts, animated drawings and aerialists.

Salt & The Cellar This restaurant, located in the luxurious Ette Hotel, is helmed by Michelin-starred chef Akira Back. Don't pass on his signature tuna pizza. Note that the Ette is a dry hotel (BYOB still welcome). But its dramatic zero-alcohol libations showcasing fresh botanical ingredients are delightful alternatives—picture a fairytale forest tableau in drink format.

Columbia Restaurant Renowned for its 1905 Salad—tossed table-side with ham, Swiss cheese, olives and the signature garlic vinaigrette—and for its saffron-infused paella, this old-world restaurant balances traditional Spanish and Cuban recipes with Floridian flair. Other dishes of note are the Devil Crab Croquettes and Original Cuban Sandwich.



PHOTOGRAPHS: (THIS PAGE) COURTESY OF TREASURE COAST SAILING ADVENTURES. (OPPOSITE PAGE, FROM TOP) COURTESY OF BRIGHTLINE. COURTESY OF EXPERIENCE KISSIMMEE. MATT BEARD/COURTESY OF DISNEY



(From top) A map of Brightline's route and station stops; kayakers enjoy a guided nature tour with the Paddling Centre at Shingle Creek; "The Inner World of Animation," an act from Cirque du Soleil's *Drawn to Life*.

More to Do in Orlando

By Jen Mallia

Orlando may be the theme park capital of the world, but there's plenty more to see in the aptly nicknamed "City Beautiful."

Slather on the sunscreen and head to **Wekiwa Springs State Park**. Paddle past stately homes on a kayak tour with Adventures in Florida to learn about the wildlife and history of the local waterways.

Browse more than 180 shops in the airy galleria of the **Orlando International Premium Outlets on International Drive**. Hot tip: Pick up souvenirs at the Disney Character Warehouse, which offers licensed products at clearance prices for much less than what you'd spend at the Park.

The trendy community of Lake Nona is home to **Boxi Park**, an open-air food hall with stalls constructed from repurposed sea containers. Sample the creative bites and beverages on offer at the numerous food stalls.

Orlando Magic generally plays 41 home games at Amway Center each season. Ticket holders can create their own VIP experience before or during the NBA games with a buffet dinner at **Jernigan's**, which overlooks the arena.

Take in a concert at **Steinmetz Hall in the Dr. Phillips Center for the Performing Arts**. This elegant state-of-the-art facility features acoustics engineered to blow you away.



Treasure Coast Sailing Adventures' newly restored sloop, *Resolute*, can accommodate up to 12 passengers for sailing trips in Martin County.

NEXT STOP: WEST PALM BEACH AND MARTIN COUNTY

Back at the new bright and airy Brightline station at Orlando's airport—with its cocktail bar and well-stocked market and gift shop—you can reach West Palm Beach in just over two hours. West Palm offers high-end shopping, art and a stand-out culinary scene, but I headed to Martin County for a more relaxed and small-town feel. Explore the rustic vibe of the Treasure Coast, starting with a stroll on Stuart's picturesque Riverwalk.

I stayed at the Old Colorado Inn, which is comprised of several charming properties in downtown Stuart. Accommodations range from boutique hotel rooms in the main inn to quaint cottages and, close by, distinctive homes that include the historic Owl House, a 1904 riverfront home with five bedrooms and a private outdoor spa, just steps away from lively shopping and dining venues and the scenic St. Lucie River.

LOCAL ATTRACTIONS

Treasure Coast Sailing Adventures Set sail from Stuart on one of their classic sailing vessels that can be chartered for small or large groups. Join one of their daily group sails or create your own custom charter to visit the nearby sandbars or opt for a deep-water cruise to the Indian River Lagoon estuary, home to pelicans, osprey, eagles and dolphins.

Riverwalk Cafe and Oyster Bar Nestled by the St. Lucie River, this restaurant is a Stuart local favourite with its fresh oyster bar and specialties, such as oysters Romanoff (a.k.a. "dirty oysters") served with sour cream, shallots and caviar, complemented by an extensive list of 120 wines, 50 of which are sold by the glass.

Hobe Sound Marvel at the unique limestone formations of Blowing Rocks Preserve and relax on peaceful Jensen Beach. A dolphin-spotting walk in Hobe Sound's Peck Lake Park is just one of many free eco-tourism events available in Martin County.



FINAL STOP: FORT LAUDERDALE

Although you can take the Brightline route all the way to Miami, my final stop was Fort Lauderdale, often called the “Venice of America” for its extensive canal system. It’s a destination made popular by its crystal-clear waters, white sand beaches and buzz-worthy restaurants. A water taxi journey provides glimpses of the lavish yachts and luxurious mansions of Millionaires Row.

The modern all-suite Hilton Fort Lauderdale Beach Resort was my home base here and I could have stayed there all day to enjoy the pools and private cabanas, set against a wraparound deck framing the ocean views. But there was still so much more to see. The resort is a stone’s throw from the beach and Las Olas Boulevard, where you can stroll through historic districts, browse chic boutiques and explore art galleries. Also on offer are complimentary bicycles to tour the area’s many hiking and biking trails.

LOCAL ATTRACTIONS

Dune by Laurent Tourondel One of the few restaurants on Fort Lauderdale beach, Dune is led by its French Michelin-starred chef namesake and is a highlight of the city’s burgeoning dining scene. The menu melds Asian and Mediterranean influences, with specialties such as *toro nigiri* with lemon glaze and a stand-out branzino filet with fennel and artichoke.

La Fuga Tucked in the Kimpton Shorebreak Resort, La Fuga with its coastal Italian flair has an indoor-outdoor dining room within view of the rooftop pool. Begin with a skillfully crafted Negroni, then try one of the handmade pastas, such as the *tagliatelle al ragu Bolognese* or lobster ricotta ravioli.



(This page) A Caribbean flamingo fishes in the pond at Flamingo Gardens. (Opposite page, from top) The Ocean Deck dining patio at Dune in Fort Lauderdale; *Tagliatelle al ragu Bolognese* from La Fuga at the Kimpton Shorebreak Resort.

Flamingo Gardens You could spend a full day wandering through this 60-acre sanctuary, featuring thousands of exotic plants, ancient trees and one of the largest collections of wading birds in America (including flamingoes, of course). The gardens also include a habitat where you can watch rambunctious river otters play. Don’t miss the 1930s Wray Home Museum and narrated tram tours through the historic oak trees and tropical groves.

On my flight home, my mind is filled with the beautiful sites I enjoyed—and a few new discoveries I caught a glimpse of as I whizzed past them on the train. Thanks to the convenience of the Brightline, I know that on the next trip, these and many more unexplored stops are just a short ride away. **CAA**

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



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PHOTOGRAPHS: (THIS PAGE) ISLAND SYNDICATE/ALAMY STOCK PHOTO (OPPOSITE PAGE, FROM TOP) COURTESY OF DUNE; COURTESY OF LA FUGA AT KIMPTON SHOREBREAK FORT LAUDERDALE



A Culinary Journey

Travel cross-country to sample Japan's delectably diverse cuisine, from humble street foods to delicacies fit for an emperor

By Corrina Allen | Illustrations by Romane Mendes



Osaka's Kushikatsu Daruma (far right) specializes in deep-fried skewered snacks.

IN MY PAST THREE TRIPS to Japan, to the main island of Honshu, I'd never had a bad meal. I'd slurped down *shoyu* (soy sauce) ramen in Tokyo and experienced, in Kyoto, a traditional tea ceremony. Each dining experience revealed something vital about the culinary culture and traditions of the country.

This time, I'm headed for delicious destinations a little farther afield. I joined tour provider Oku Japan alongside a small group with adventurous palates and travelled southwest, to Osaka and Awaji Island, then north to tiny Nanto, near the Sea of Japan.

ROYAL PROVISIONS ON AWAJI

Many chefs adhere to the idea that diners eat with their eyes first, and in Japan, this is apparent on every plate—food is beautifully arranged and presented, or packaged. Care is an elemental ingredient in Japanese cuisine, as essential as tea, rice, fish and soy. Nowhere was this more evident than on Awaji Island, on the Seto Inland Sea.

The serenity of this sleepy resort area overlooking Osaka Bay belies its hardly humble culinary legacy. Considered a *mitsukekuni* (roughly translated as “region of food”), Awaji Island has long been a source of

premium beef, seafood and other luxury ingredients for dishes once served at the ancient imperial court in Kyoto.

More recently, in Sumoto, a city on the east coast of Awaji, chef Satoru Shinsei served our group a feast fit for royalty—grilled fish with *satoimo* (Japanese taro root), a seasoned carrot terrine and pan-seared mackerel partnered with roasted shallots and fresh figs. We also sampled the island's famed beef—mild, slightly sweet and liberally marbled with fat.

His restaurant, Shoku No Wa, is so named for his culinary philosophy, one he describes as focused on “food harmony.” By reinvigorating traditional cooking techniques with innovative twists, he's been credited with sparking a culinary renaissance on Awaji, which now boasts several upscale restaurants as well as luxury accommodations.

Before sitting down for his three-course meal, we'd spent the morning watching fish-laden boats dock at the local market for auction. We'd also visited a small fish-processing shop to see the delicate work required to debone Japanese cutlassfish, or *tachiuo*. Our meal at Shoku No Wa was the culmination of all this meticulous labour and rich culinary history. Each dish was a visual and gastronomic celebration of the seasonal ingredients the island has to offer.

STREET FOOD IN DOTONBORI, OSAKA

On clear days, you can see Osaka from Awaji, but culturally and aesthetically, Osaka is a world away. The heart of its seafood-centred food scene is busy, buzzing Dotonbori. Surging with tourists, lit with neon and adorned with giant animated signs, Dotonbori district is crowded, loud and one of the most exciting places to eat in Japan.

Takoyaki (grilled octopus balls topped with Kewpie mayo, green onion, and bonito flakes) is among Japan's

“
Each dining experience revealed something vital about the culinary culture and traditions of the country



(From top) Fresh local fish is celebrated at Shoku No Wa restaurant, in the coastal town of Sumoto; *takoyaki* (battered octopus balls) on offer at an Osaka food stall.

most popular street foods. Join the line-up outside the shop with the five-metre-high 3-D octopus sign above the entrance. If you're looking to sample some of Dotonbori's freshest shellfish, head to Kani Doraku. You can't miss it—visible from down the block, a giant mechanical crab, literally waving customers inside.

There, at the takeout counter, I had one of the most memorable dishes of the trip—a piping hot *nikuman* (fluffy steamed bun), this one stuffed with shredded sweet crab meat.

Takoyaki and *okonomiyaki* (savoury pancakes) shops dominate the district's main arcades, but Kushikatsu Daruma

PHOTOGRAPH: COURTESY OF CORRINA ALLEN

PHOTOGRAPHS: (FROM TOP) COURTESY OF CORRINA ALLEN; FOTOVOYAGER /ISTOCK



Located in Ainokura (above), a UNESCO World Heritage site, the inn Yomoshirō features the traditional thatched roof.

Namba Honten entices with a hard-to-miss alternative. Under a massive statue of an angry-faced chef, this iconic eatery serves up skewers of deep-fried meat, seafood and vegetables—*kushikatsu*, the perfect bar food. Add a pint of ice-cold Asahi and soak up the full experience. Osaka is a street food lover’s dream with far more to relish than what you can fit into a week.

FAMILY-STYLE FARE IN NANTO

After a hike through the serene mountain town of Nanto, four hours north of Osaka by train, I’m excited to arrive at Yomoshirō, a small family-run inn of a type called *minshuku*. Our hosts bring us towering bottles of frosty beer alongside traditional Japanese spreads. A draw for food lovers, *minshuku* provide meals as elegant as they are simple. Local specialties play a central role and, in Nanto, these would include the town’s famed fermented preserves prepared to last through harsh, snowy winters.

Once seated cross-legged on tatami mats, guests are offered fermented local vegetables, grilled or fried fish, and a silky cold tofu dish called *hiyayakko*. The second course is a bowl of flavourful miso soup, finished with a serving of plain white rice. For breakfast in Nanto, we were treated to *umeboshi* (pickled plums)—a flavour bomb of salty and sour that could be classified as an acquired taste.

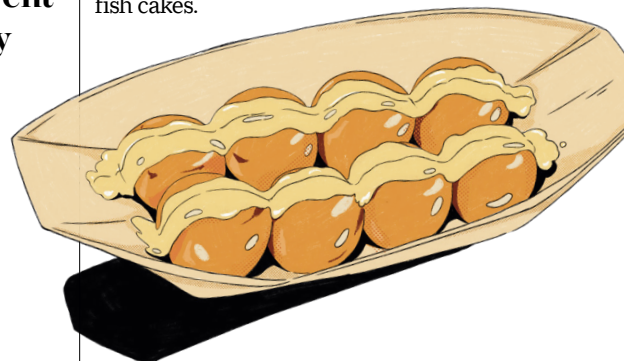
But that’s entirely the point of my trip. I came to acquire new tastes, experience untested flavours and choose a new favourite dish—one more reason to return to Japan. **CAA**

CORRINA ALLEN is a Berlin-based Canadian writer covering travel, food and design trends. Her work can be found in The Globe and Mail, rePorter, Pivot and on Forbes.com.



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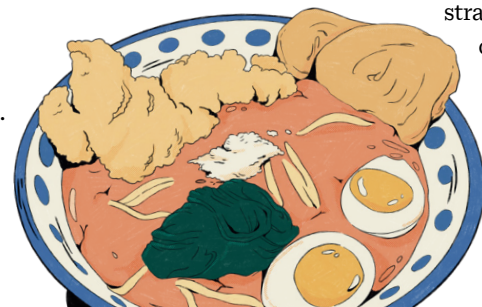
“Many chefs adhere to the idea that diners eat with their eyes first. In Japan, this is apparent on every plate



DAIMARU, TOKYO

Department store chain Daimaru is legendary for its underground food halls (called *depachika*). The Tokyo Station location in GranTokyo North Tower features rows and rows of snacking options, including a patisserie section that would impress even a Parisian. Try the

strawberry-and-whipped-cream sandwiches served on *shokupan*—white milk bread that has the texture and consistency of a cloud.



MARKET STRATEGY

From street food to sushi, Japan’s food markets and halls boast some of the richest culinary offerings

NISHIKI MARKET, KYOTO

Show up hungry at this market in central Kyoto. Established as a marketplace in 1615, this 400-metre-long arcade is the best place to get a feel for the cuisine of the cultural capital of Japan. Must-try items include *wagyu kushiyaki* (skewered bites of premium-quality beef), *tako tamago* (tiny skewered octopus stuffed with a quail egg) and sweet *tamagoyaki* (a rolled omelette flavoured with rice wine and soy sauce).

TSUKIJI OUTER MARKET, TOKYO

Just a 20-minute walk from Shimbashi JR Station, Tsukiji is the destination for seafood enthusiasts. Formerly a wholesale fish market, it is also a draw for travellers wanting to try some of the city’s best sushi, sashimi, fresh oysters and fried fish cakes.

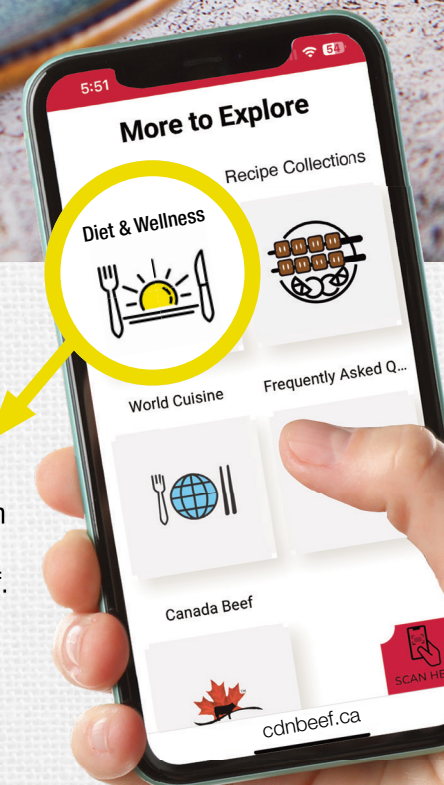
Get meals that fit!



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We all need to get dinner on the table – every day. Want more ideas? Scan the QR code above - **cdnbeef.ca**.

Cdnbeef.ca takes you to the **Canadian Beef Information Gateway** with over 400 recipes, all with videos and nutrition facts. In the **Diet & Wellness** section, recipes are organized according to common dietary preferences and health goals, like Bone Health, Diabetes Friendly, and more. This Diet & Wellness section was developed with a committee of independent dietitians. This handy resource can help you cook to suit your dietary needs and interests when it comes to beef. Be(ef) inspired at cdnbeef.ca. Get it. Bookmark it.



PHOTOGRAPH: COURTESY OF CORRINA ALLEN



Birds Canada's Yousif Attia (in white mesh hat) leads a local group on an instructive birding walk at Queen Elizabeth Park in Vancouver.

Bird Call

Grab your binoculars—the migratory birds are back. Here's how to welcome and nurture our feathered friends

By Andrea Yu

THE SOUND OF BIRDSONG in spring is something that Yousif Attia looks forward to every year. “Birdwatching is so therapeutic for me,” says Attia, an outreach and content specialist at Birds Canada, a national bird conservation organization headquartered in the lakeside town of Port Rowan, Ontario. “At its core, birding satiates this human desire to connect with the natural world.”

And Attia is not alone. Since the pandemic, he has noticed a surge in birdwatching interest, particularly among millennials. “We’re seeing more people out there, especially folks from diverse backgrounds and people younger in age.”

For many birders, their pastime is a meaningful way to connect with nature and other people—which is especially significant for those who may feel marginalized. “If you see somebody your age or who looks like you and they’re birding, it gives you the feeling of ‘This is a place or a space I could be part of as well,’” notes Attia. In Vancouver, where he

lives, the group Birding with Me celebrates “diversity in bird and human communities.” They host free guided walks tailored to specific groups, including those who identify as women, BIPOC or 2SLGBTQ+, as well as events held in various languages, including Spanish, Mandarin and Filipino.

Birdwatching is not just enriching for bird enthusiasts; it can also have a positive impact on the birds themselves. Apps such as eBird allow users all over the world to log bird sightings in their local communities, which contributes to conservation decisions and research. Initiatives such as the Great Backyard Bird Count—an annual event whose participants log the birds they see within a four-day period via eBird—can be done from home.

Having more birds around to admire is only one reason to help protect them. Canada has more than 420 species of birds that face a host of issues, from a reduction in habitat due to forest degradation to shifting migratory patterns affected by climate change. Autumn Jordan, an organizer at the Ottawa-based environmental non-profit Nature Canada, describes birds as an indicator species, meaning “the biodiversity of our bird communities can really show us a snapshot of overall system health,” she notes. Some birds are pollinators, while fruit eaters help with seed dispersal. And birds play an important role in the food chain, too. “Owls are natural rat-eaters, and scavengers like crows and turkey vultures clean up our messes,” Jordan explains. “Warblers and barn swallows keep those nasty mosquitoes at bay.”

There’s a lot we can do in our own backyards to attract and protect our feathered friends. It can be tempting to clear out dead foliage, but Sarah Coulber, an education specialist at the

BIRD HOUSE RULES

While we love—and need—to have birds nearby, many issues that they face stem from our residences and buildings. Here’s how you can help at home.

Keep your cats indoors or on a leash “Over a hundred million birds per year are killed by outdoor free-roaming cats,” says Jordan at Nature Canada.

Add window decals Window collisions account for 16 to 42 million bird deaths a year. Prevent bird strikes by applying decals on the outside of the glass.

Opt for a pesticide-free garden Maintain your garden without using pesticides, which kill bugs that birds depend on for food. “Sometimes, using your garden hose is enough to get rid of [unwanted bugs],” Coulber notes. And when purchasing plants and seeds, ensure they have not been sprayed with neonicotinoids, a category of powerful neurotoxic insecticides.



Canadian Wildlife Federation, says leaf litter is a spot where insects—a food source for birds—can gather, and dried long grasses are used as nesting material. She encourages homeowners to find a balance between a manicured garden and a safe shelter for birds. “Maybe you can leave a back corner of your garden untidy.”

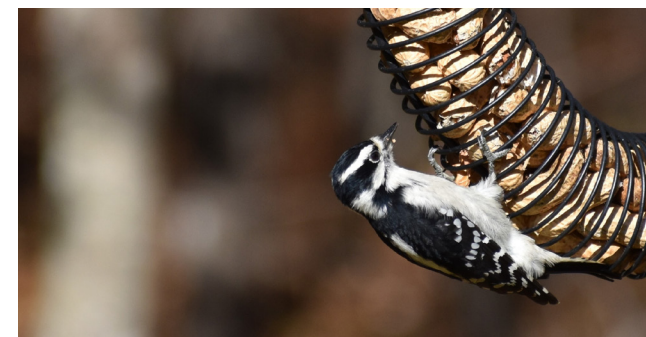
If using feeders to attract more birds to your yard, place them far from windows and bushes where predators can hide. Keeping bird feeders and bird baths clean is critical to help prevent the spread of avian flu. Coulber recommends cleaning them with unscented natural soap and water once a week.

Feeders are a supplemental food source, but birds rely on the greenery in

your yard. “Native plants have co-evolved with wildlife,” explains Coulber. “Our native plants [bear] fruit that has the right proportion of fat to sugar that birds need to either overwinter or migrate.”

Fill your outdoor space with various beautiful native plants and flowers. If you build the right habitat, you won’t need to seek them out—the birds will come to you. **CAA**

ANDREA YU is a freelance journalist and a contributing editor at Toronto Life and Maclean’s. Her work has been published in The Globe and Mail and the Toronto Star. Her home base is in Toronto, but she takes every opportunity to travel and be in nature.



(Top) An American redstart that was banded as part of the monitoring program at Last Mountain Bird Observatory. (Left) A downy woodpecker eats peanuts from a wreath bird feeder.



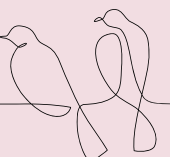
Flock Together

Consider supporting these local organizations that help protect wild birds in your area

NATURE SASKATCHEWAN
This group runs the only bird monitoring station in the province—Last Mountain Bird Observatory—where, during migratory seasons, volunteers camp at Last Mountain Regional Park to help capture and band birds. naturesask.ca

NATURE REGINA
This volunteer-driven charity hosts events and initiatives, like the Christmas Bird Count, a fundraising Bird-a-thon and the Bird Safe Initiative, to raise awareness of bird strikes on buildings. natureregina.ca

THE SASKATCHEWAN BURROWING OWL INTERPRETIVE CENTRE
This centre was created to help promote the conservation of the endangered burrowing owl and its prairie habitat through education, stewardship and eco-tourism. It opened to the public for the first time in the spring of 1997. skburrowingowl.ca



Get the Best Car for You

WHO'S DRIVING?
Driving Enthusiasts. Commuters. Savvy Savers.

Finding the right vehicle for you starts with being honest about your needs and how much you can afford

By Matt Bubbers
Illustrations by Rami Niemi

“WHAT CAR SHOULD I BUY?” is one of the most common questions Members ask CAA’s automotive experts. There’s no such thing as “The Best Car”—but somewhere out there is a best car *for you*.

The car-shopping process essentially comes down to these three steps. First, be honest about your needs. Second, make a shortlist of models that fit the bill. Third, test-drive them all because there’s no substitute for seat time.

It’s about finding a vehicle that suits you and meets your needs. That includes how you use your vehicle and, most important, what you can afford. Here, we break down some of the most popular types of vehicles on the road and what kind of driver suits them best.



SEDANS OR HATCHBACKS

The Pros Sedans and hatchbacks are the most affordable, most energy-efficient, most maneuverable new vehicles on the road today—perfect for long commutes and drivers on a budget. Newer compact sedans have become large enough to comfortably seat adults in the rear seats, too. Sporty sedans and hatches can be especially fun to drive, feeling nimble, precise and playful.

The Cons Lower ground clearance means you’ve got to be more careful in deep snow. Some manufacturers arguably make their sedans too sporty, to the detriment of passenger comfort and everyday usability. Since sedans, hatches, station wagons and coupes collectively make up only a small slice of the new-vehicle market, the selection of new models is not nearly as vast as it once was.



WHO'S DRIVING?
Urban Families. Road Trippers. Value-Conscious.



WHO'S DRIVING?
Adventurers. Large Families.

SMALL AND MID-SIZE SUVs

The Pros Many drivers love that SUVs place them up high, which means less bending and ducking to get in or out. New parents (and their lower backs) will appreciate that the extra height also makes it easier to get a baby into a car seat. Mid-size SUVs are especially versatile, delivering enough passenger and cargo room for extended road trips and camping expeditions.

“SUVs have been exploding in sales since 2009,” says Andrew King, managing partner at Canadian auto-industry advisory firm DesRosiers Automotive Consultants. Their data suggests that SUVs (of all sizes) account for nearly 60 percent of annual new-vehicle sales. Given how versatile and easy they are to live with, that should come as no surprise.

The Cons SUVs are typically more expensive to purchase (by as much as \$10,000) and less fuel-efficient than similarly sized sedans. Getting a model with all-wheel drive (AWD) often means stepping up to a more expensive trim level. While AWD does offer peace of mind, whether you really need it or not comes down to where you live. Drivers in well-plowed urban areas are probably okay without it.

LARGE (FULL-SIZE) SUVs

The Pros If you prioritize maximum space and go-anywhere capability above all else, you need a big SUV. Many full-size SUVs offer spacious third rows and have the ground clearance to go where minivans can’t—in fact, SUVs with a third row of seats have effectively replaced minivans, whose sales are dwindling. Some big SUVs are based on body-on-frame truck chassis, while others are based on car platforms. The former are often better off-road, while the latter offer a better, quieter ride for long commutes. Great for true adventurers with families (or lots of friends) who need a powerful ride with space for everything from pets to people and outdoor gear to groceries. Great too for cross-country or rough road excursions and hauling heavy loads (boats, ATVs, snowmobiles). Luxe options abound, hence popular with the city see-and-be-seen set.

The Cons They’re heavy and often have big, gas-hungry engines. They’re more expensive to purchase and own than smaller SUVs or cars. Their sheer size means they’ll be bursting out of downtown parking spaces and often have limited outward visibility, which isn’t ideal in areas with lots of pedestrian traffic. Shorter drivers may find some big SUVs too tall, making it difficult to get in or out.

WHO'S DRIVING?

Skilled Trade Workers. Farmers. Outdoor Enthusiasts.



PICKUP TRUCKS

The Pros Pickups are more versatile than ever, from new compact trucks to \$100,000 luxury rigs. It's little wonder pickups account for roughly 23 percent of new-vehicle sales, according to DesRosiers' data. Pickups are best for people who actually use them as trucks—for towing, hauling and getting work done—as well as for outdoor enthusiasts (with their toys) who need to get to remote spots. Many contractors “under-buy” on their trucks—in other words, if you'll often be using the upper limit of a truck's payload or towing capacity, consider stepping up to a bigger truck.

The Cons Despite technological advances, pickups still aren't as comfortable as cars and smaller SUVs. They're not fuel-efficient either and so, not ideal for commuters. Plus, the tall, blunt front ends on many trucks pose a greater risk to pedestrians in the event of a collision, according to a recent study by the U.S. Insurance Institute for Highway Safety. **CAA**

MONEY MATTERS

Due to supply shortages leading to higher car prices, along with rising interest rates, average car payments were \$800 to \$1,000/month in 2023, says Rob Carrick, personal finance columnist at *The Globe and Mail*. Carrick suggests choosing a car or truck that limits monthly payments to \$500 or \$600 with a five-year-maximum loan term.

POWER PLAY

Which type of engine is right for you depends in large part on how far you drive daily

ELECTRIC

Even new entry-level EVs can travel 400 kilometres or more between charges. But since batteries are expensive to produce, EVs carry a price premium. If you drive a lot, the fuel savings will likely make up for the additional purchase price, so it pays to do the math. Having a parking spot to plug in and recharge your vehicle overnight isn't strictly necessary—you could rely on public chargers—but it makes EV ownership much, much easier.

HYBRID

Plug-in hybrid vehicles (PHEVs) can typically travel 30 to 60 kilometres on battery power before their gasoline engines kick in. They're versatile—great for short weekly commutes and long-weekend road trips—but don't excel in any one area. Mild-hybrid electric vehicles (MHEVs) can't be plugged in and don't have much (or any) electric-only driving range, but they deliver consistently good fuel economy. If you're driving on the highway all the time, a hybrid's not going to do a whole lot of good. But if you drive in the city, they help a lot.

ICE

(INTERNAL COMBUSTION ENGINE)

These vehicles need no introduction. They've been around for over a century. Gas and diesel engines are still the best if you regularly tow heavy loads over long distances.

MATT BUBBERS writes regularly for CAA Magazine, specializing in car culture and transportation. He is a columnist for the Drive section of The Globe and Mail and writes for a variety of publications in Canada and the U.S.

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Say What?

Learn the common causes of age-related hearing loss

From the melodies of an orchestral performance to the timbre of your grandchild’s first words, there are so many precious moments in life linked to sound. Clear hearing can contribute to a higher quality of life, making it even more important to protect, as you age. Presbycusis—gradual hearing loss in both ears—is a common age-related condition that affects one in three adults over 65. Understanding the common factors behind presbycusis can help maintain auditory health.

Loss of nerve hair cells

The sensory hair cells that live in the cochlea—the vital part of your inner ear that senses sound—are what carry information to your brain. These hair cells can be damaged by repeated exposure to loud noises, and studies indicate that the damage is irreversible even after noise exposure ceases. Research also shows that smoking is associated with hair-cell damage.

Genetics

Age-related hearing loss may also run in your genes. If there is a history of presbycusis in your family, chances are it may increase your risks.

Diet

While science continues to examine the relationship between hearing and diet, nutritional deficiencies can contribute to presbycusis. In fact, according to a study published in *The American Journal of Clinical Nutrition*, a diet rich in vitamins A, C and E—in combination with magnesium—may reduce the risk of hearing loss.

Has your hearing gotten worse?

Regular hearing checkups are as crucial as visits to the eye doctor and the dentist. Take control of your health and well-being by scheduling a free hearing test at a Connect Hearing location near you.



Book your hearing evaluation today. Visit connecthearing.ca/CAA or call 1.888.486.0177.



*Private clients only. Offer is not applicable with the Hearing Aid Rental program. Cannot be combined with any other offer, rebate or previous purchase and is non-redeemable for cash. Save up to \$2,000 on a pair of Select-level Sonova hearing aids; 15% off Advanced level; and 10% off Standard level with a valid CAA Membership. This offer is a tiered rebate determined by the level of Sonova Hearing Technology purchased. Offer expires September 30, 2024. Lyric and bone-anchored hearing solutions, economy hearing aids, non-Sonova and Advanced Bionics (AB) products excluded. Consult a Connect Hearing clinic for more details.

Access exclusive offers with your CAA Membership:

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MEMBER REWARDS, OFFERS AND EXCLUSIVE SERVICES

INSIDER

Welcome to spring
It’s here. The season filled with warmer days, shorter nights and fun for the whole family.



SPRING 2024





Spring Maintenance Checklist

12 essential tasks to help protect your home and prevent insurance claims

OUTSIDE

Check the roof Look for buckling that could indicate structural damage. Replace any damaged shingles—examine for rust on metal shingles and cracks in clay, slate or wood shingles (which can also rot).

Clean the gutters Gutters, eaves and downspouts must be clear of debris to direct water away from the house.

Repair driveways and walkways Replace broken paving stones and repair hairline cracks in your driveway with a masonry filler. Wider jagged gaps may need to be repaired by repouring concrete.

Touch up woodwork Look for loose planks and rot on your deck, porch, stairs, railings and fences. Repair and reseal wood as needed.

Inspect the foundation Hairline cracks can usually be fixed with a DIY crack-injection kit. Bigger cracks (especially horizontal ones in concrete) or large gaps between bricks may require a professional to repair them.

Prune trees and hedges Remove any dead or diseased tree limbs and trim any branches that overhang your home. Contact your utility company before pruning trees near power lines.

Spring is also the time to review your insurance policy and ensure you're fully protected. Double-check the coverage limits and options that pertain to water damage from flooding, heavy rainfall or sewer backup.

Visit caask.ca/insurance/home to learn more.

INSIDE

Test the seals on windows and doors If windows rattle or you can feel a breeze through them or see daylight around door or window frames, there are gaps, which need to be sealed. Seal them with caulking or weatherstripping.

Look over ceilings and walls Mildew spots, large brown or yellow stains, and bubbling paint are signs of water damage. Call a plumber or restoration specialist.

Test sump pumps, sensors and back-flow valves Make sure the measures you've taken to prevent flooding are in place for a wet spring.

Clean furnace and air conditioning units Call an HVAC specialist to ensure that these are working efficiently to help reduce dust and your heating and cooling costs.

Test smoke detectors and carbon monoxide detectors Refresh batteries and replace any expired detectors.

Check faucets, drains and pipes Look inside cabinets to make sure the pipes and hoses connected to your sinks and dishwasher aren't leaking. Repair leaky faucets and clear clogged drains—bring in a plumber if necessary.

PHOTOGRAPHS: (THIS PAGE) MICHELLE GIBSON/PHOTO/ISTOCK. (OPPOSITE PAGE, FROM TOP) STEN RADENAKER/UNSPLASH; KOTZMOAT98/ISTOCK. (PAGE 39) OLIA DANILEVICH/PEXELS. (CONS. COURTESY OF THE NOUN PROJECT)



Start Your Engine

Preparing your vehicle for the new season

NOW'S THE TIME TO GIVE YOUR VEHICLE some well-deserved TLC. After all, it just carried you safely through a long, cold winter. Get into the habit of having routine maintenance work done at seasonal transition points. Check with your local mechanic or a CAA Approved Auto Repair Services (AARS) provider.

Here are a few important areas that your mechanic will check to get your vehicle ready for the warm weather.

Tires When temperatures are consistently above 7°C, it's time to switch from winter tires. The mechanic will check tire pressure and tread depth and ensure your tires are rotated.

Alignment Tough winter driving conditions, not to mention potholes, can knock wheels out of alignment. Steering wheel pulling to one side? That's a sign that alignment needs attention.

Battery Check for signs of wear and any compromises (i.e., bulging) in the casing. A test will indicate if your battery needs to be replaced. Monitor it regularly for corrosion, especially if your battery is more than three years old.

Brakes Keeping ahead of brake issues can save money in the long run. Alert your mechanic if you notice any change in the feel of the brakes or if they're squealing, grinding or rattling or if there's a difference in actual braking performance.

Fluids Follow the vehicle's maintenance schedule for fluids, topping up, replacing or flushing, according to instructions. This includes brake, transmission and power-steering fluids, as well as engine oil and coolant.

Visit caask.ca/insurance/auto to get a quote on vehicle insurance.

A Primer on Potholes

SPRING IS POTHOLE SEASON

Snow and ice melt away to reveal potholes—an unavoidable nuisance for drivers. Here's some advice on how to mitigate as much as possible the vehicle damage caused by potholes—and what to expect when you encounter them (hint: some repairs may be in order).

HOW TO DEAL WITH POTHoles

Be vigilant On roads where you anticipate potholes, reduce your speed and maintain a safe distance from other vehicles, so you have time to react. Be especially careful on roads you're not familiar with.

Keep control Do not react to a pothole by swerving, which can be dangerous when there is oncoming traffic. Potholes are typically located at the seams and edges of the road—try to stay in the centre of the lane, if it's safe to do so.

Maintain your vehicle Tires inflated to recommended psi will help protect your vehicle from damage. Ensure that the suspension system—shocks and struts—is functioning properly, so they can help absorb the impact.

DEALING WITH DAMAGE FROM POTHoles

If you've encountered a pothole, watch for signs indicating your vehicle may need some TLC. Does your vehicle pull to one side? Do you feel unusual vibrations? These could flag a problem with wheel alignment, often the result of your vehicle coming into contact with an obstruction, like a pothole.

Visit caask.ca/automotive/repairing-maintenance to learn more.



This spring, drivers, pedestrians, cyclists, motorcyclists and transit users are invited to nominate and vote for the worst, unsafe roads they've recently travelled on in Saskatchewan. Visit caask.ca/worstroads to learn more.

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SAFE TRAVELS START HERE



EXPLORE WITH CONFIDENCE

Embrace carefree spring travels with CAA. Whether it's a getaway or year-round adventures, our Single Trip and Multi-Trip plans provide reliable support and virtual emergency assistance. Wander worry-free with CAA Travel Insurance¹ by your side.

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SAVE 10%***



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a pet owner's
best friend



TAILORED PROTECTION FOR FURRY FRIENDS

Your furry family deserves the best care! With CAA Insurance and Pets Plus Us, help safeguard your wallet from unexpected vet bills. Pets Plus Us pet insurance plans cover eligible accidents and illnesses, as well as routine care with Flex Care, which can help make your pet's veterinary care affordable and hassle-free². Trust Pets Plus Us and CAA Insurance for compassionate protection and peace of mind for your beloved pet.

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¹ 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 premiums apply. Excludes visitors to Canada Insurance.
² CAA Travel Insurance, an Orion Travel Insurance product, is underwritten by Echelon Insurance. 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. Full terms and conditions can be found at <https://info.caask.ca/hubfs/CAA-Travel-Insurance-Terms&Conditions.pdf>.
³ Pets Plus Us Pet Insurance policies are underwritten by Northbridge General Insurance Corporation. CAA Members receive a preferred rate of 12% off. Non-members receive a preferred rate of 7% off. Certain exclusions, limitations and restrictions apply. Full terms and conditions can be found at <https://info.caask.ca/hubfs/Pet-Insurance-Terms-and-Conditions.pdf>.
⁴ CAA trademarks are owned by, and use is authorized by, the Canadian Automobile Association.



Your Tire Tutorial

Unclear how to tread when selecting tires?
Let’s ask an expert to get us rolling | *By Dick Snyder*

THERE ARE MANY TYPES of passenger-vehicle and specialty tires available these days, each designed for different uses and conditions. Tires may be specific to factors such as terrain, speed and cornering requirements. But for the average motorist, there are only three types of tires that you need to consider—all-season, all-weather and winter.

You need first to determine what type of tire best suits your needs. Considerations include size and type of vehicle, intended use, climate and—the big one—price. You can then decide what type of tire ticks the most boxes for you.

ALL-SEASON TIRE

The tire that people are most familiar with has, for the most part, taken over the summer-tire designation. The all-season is fairly quiet with a smooth ride and deeper tread depth than a summer tire. The rubber compound is formulated for high-temperature as well as low-temperature conditions. In most cases, the tread pattern is engineered for wet and slushy road conditions but performs poorly in deep or hard-packed snow and ice. So, it’s really more of a three-season tire. Using all-seasons in winter will cause them to spin, increasing fuel consumption.

ALL-WEATHER TIRE

Although its performance in winter is not as good as a true winter tire, the all-weather is superior to the all-season for year-round use. The all-weather tire is gaining a lot of traction as the tire of choice because it can be year-round, even through the winter season, which eliminates the expense of swapping tires seasonally and storing them (as well as the need for winter rims). The all-weather has many different types of tread patterns.

WINTER TIRE

Winter tires are exactly what the name implies. The rubber compound is formulated for best performance in cold weather and the tread patterns are designed for maximum adhesion on ice and snow. For these reasons, winter tires will experience rapid wear in summer conditions. Some winter tires are also made for use with tire studs (metal studs inserted in holes in the tread pattern). Studs add another level of traction—with the drawback that they are a little noisier. Again, multiple tread patterns are available.

No matter which tire you choose, it is important to have the same tire type on all four wheels of your vehicle for equal traction. It is also important to maintain proper inflation and to rotate your tires to maximize fuel consumption efficiency and ensure even wear.

Check out caask.ca/automotive to learn more.



SLOW DOWN MOVE OVER DAY

MAY 14, 2024



Making room for tow truck operators isn't just the law – it's a matter of life and death.

Motorists, please reduce your speed to 60 km/h for tow truck operators working on Saskatchewan highways. Move over as far as possible, preferably changing lanes.

SLOW DOWN MOVE OVER

Let's all do our part to make the roads safer for all first responders.

caask.ca/safety



Gourmet Getaways

How to truly savour your next vacation

WHETHER IT'S WANDERING Barcelona’s famous food markets, dining in New York City’s Michelin-starred restaurants or learning to make the perfect *pho* in Vietnam, culinary travel isn’t just about eating. It’s an opportunity to learn about a culture through its food.

In the *2023 Global Travel Trends Report* from American Express, 81 percent of respondents said that trying local foods is what they look forward to most while travelling; some have even planned an entire trip around a restaurant or food festival.

Protecting Your Pet

Keep your furry family members happy and safe this spring

AFTER A LONG WINTER cooped up indoors, it’s time to enjoy springtime with your pets. Whether it’s a stroll in the park with your pup or watching your kitty lounge outdoors in its new, secure catio, make sure your furry friends ease into the new season by being on the lookout for possible pitfalls.

Skin irritation and allergies Freshly cut grass and pollen can cause itchy skin for pets, but wiping down your pup’s paws when you get home can help. Still scratching? Your vet may be able to offer some prescription relief.

Pests and parasites Fleas, ticks and mosquitoes carrying heartworms all hatch in spring. Consult your vet for a preventative to keep your pet safe from pests and the diseases they carry.

Pesticides and fertilizers It’s gardening season—watch out for pesticide and fertilizer warning signs and keep your pup away from those patches of grass and dirt to prevent any poisonous mishaps. And avoid using chemical fertilizers and pesticides on your own lawn where dogs run and play.

“One of our most requested trip options is culinary travel. It’s gaining popularity across the globe and a lot of our travel suppliers are offering it,” reports Terry Kaszas, general manager of travel services at CAA Saskatchewan.

In Italy, Spain and Portugal, for example, CAA Travel can book experiences where guests accompany a local chef to a food market to pick ingredients for a meal they will later prepare. “You’re going into the kitchen and you’re cooking with them—and you get to taste some wine while you’re doing it,” says Kaszas.

There are plenty of culinary tours to choose from, but experiences can also be customized for individuals. One of Kaszas’ clients, for instance, wanted to spend a month in France and learn French cooking techniques from local chefs, so CAA Travel was able to whip up a personal itinerary working with partners and suppliers on the ground in France.

Not only can CAA Travel assist in planning gastronomic getaways, CAA Members also receive exclusive dining discounts (and can earn CAA Dollars®) at a wide range of CAA Rewards® Partner restaurants across North America.

Visit caask.ca/travel to connect with one of our trusted travel consultants to start planning your next culinary adventure.

Invest in pet insurance Prep for any unexpected misadventures by purchasing the right pet insurance coverage. Did you know that CAA Members get a 12% discount on Pets Plus Us insurance? “It significantly reduces out-of-pocket veterinary expenses,” notes Lori Madsen, CAA Saskatchewan’s general manager of insurance operations. “You can choose from a number of plans to fit your budget as well as your pet’s health.”

And not only does insurance help cover health emergencies, it can assist in paying for regular vet visits, too.

Visit caask.ca/insurance/pet-insurance to learn more about how to protect your pets.



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Staycation Savings

Have fun close to home with CAA discounts

NO NEED TO VENTURE FAR for some R&R—there’s plenty to experience right here in Saskatchewan. And with CAA Member discounts, you can save money on your fuel and staycation, and earn rewards at the same time. Nagma Khatri, CAA Saskatchewan’s partnerships manager, shows you how.

NEAR REGINA

For a weekend getaway, head to Temple Gardens Hotel & Spa in Moose Jaw, where you can soak your stress away in Canada’s largest therapeutic geothermal mineral pool (CAA Members save 7% on room rates). While in Moose Jaw, explore historic downtown, visit the Sukanen Ship Pioneer Village and Museum, and take a tour of the tunnels beneath the city streets (legend has it that Al Capone made his bootlegging runs here). For outdoor adventurers, Grasslands National Park (just over three hours to drive from Regina) offers nature walks and wildlife viewing—watch for roaming bison. CAA Members can save up to 10% when pre-purchasing a Parks Canada Discovery pass at any CAA Store. And when you fuel up—save three cents per litre on fuel at Shell.

NEAR SASKATOON

Head to Dakota Dunes Resort on traditional Whitecap Dakota Territory, just a 20-minute drive from downtown Saskatoon. This newly built resort with the elegant Moose Woods Home Fire Grill is an oasis surrounded by pristine nature and boasts a rooftop indoor pool, golf course and casino (CAA Members save 15% on room rates). Or stay in town, at a Best Western Hotel, which offers a 5% CAA discount. A road trip to Prince Albert National Park, about 230 kilometres north of the city, is a perfect getaway for hiking and glimpses of wild-life. CAA Members can save up to 10% when pre-purchasing a Parks Canada Discovery pass at any CAA Store. And when you fuel up—save three cents per litre on fuel at Shell.



Visit caask.ca/membership/rewards for more ways to save.



Spring Shopping, Sorted

Discover the fabulous CAA Rewards® Partner perks that come with your Membership

AS SPRING TEMPERATURES RAMP UP, so could our spending. Thankfully, your CAA Membership offers discounts and rewards that can help you—and your budget—stay on track.

“Member savings are helpful this season because they can reduce costs for spring cleaning, outdoor activities, clothing, travel and more,” says Nagma Khatri, partnerships manager, CAA Saskatchewan.

Here are the kinds of savings available:



Groceries

Save at Sobeys, Safeway and Fresh Co. Purchase a Sobeys Gift Card at any CAA Saskatchewan Store and earn 5% cash back in CAA Dollars®. For more information, visit caask.ca/sobeys-gift-cards.



Restaurants

Save 5% when you shop online at theultimatediningcard.ca. Enter your CAA Membership number at checkout, plus you’ll also get free standard shipping (up to a maximum of \$3.49). Members receive 10% off at Montana’s.



Fashion

Save 10% online and in-store at RW&Co. on the last ticketed price of your purchase.



Car Rental

Save 5% or more, as well as earn cash back in CAA Dollars®, at Enterprise Rent-A-Car. Present your CAA Membership Card in-store or online and start saving today.



Adventure

Save up to 10% when you pre-purchase a Parks Canada Discovery Pass at any CAA Saskatchewan Store.

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

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Charge into Spring

Seasonal tips to keep all your batteries at the ready
By Dick Snyder

WE TEND TO EXPECT our tools and accessories to spring to life whenever we need them. Hit the button and that motor should fire right up, so we can get to work. Right? Sadly, this is not always the case, especially for rechargeable battery-powered tools—chainsaws, weed trimmers, lawn mowers, snowblowers, etc.—that have been sitting dormant for a season. The same applies for larger equipment, such as golf carts, ATVs and snowmobiles that use water-filled batteries similar to the ones in vehicles.

Here are a few good habits to follow in springtime to help your batteries last longer.

- First, a physical inspection—check the battery to make sure there is no damage from freezing, like a damaged or bulging case.
- Inspect the battery closely for signs of corrosion on the terminals and the cables that are attached to the battery.
- If necessary, clean the cable ends and posts on the battery.
- This ensures maximum contact, which is key for the battery to function better and for the equipment the battery is powering.
- Wet-cell batteries—the kind you’d find in a golf cart or an RV—contain a mixture of sulfuric acid and distilled water. This solution can evaporate over time, so it’s a good idea to check them, according to the manufacturer’s specifications.
- All rechargeable batteries should come with a charger, and it’s important to use the original to bring the battery up to full charge. In most cases, this will require an overnight charge.
- For batteries that are not being used at all over a winter or summer season, bring them to full charge every three months.
- A battery minder (a.k.a. battery maintainer) should be used on larger batteries—typically in cars, ATVs, golf carts, etc.—that are not being used for more than a month.

With proper care—year-round attention and regular maintenance—batteries should offer optimal performance for the long haul. And some rechargeable batteries can be repaired.

Visit caask.ca/automotive to learn more about battery care.



UPCOMING 2024 Adventures

Maple Leaf Collection

The “Maple Leaf Collection” features curated tours within Canada’s borders, seamlessly blending coach tours and fly-in options. Discover the diverse wonders of our nation through thoughtfully crafted journeys for an unforgettable Canadian experience.

Quilt Tour Canada - June 18-23

Newfoundland - July 31-August 11

Martimes (Fly & Coach) - August 11-22

Kelowna Wine Tour - August 11-17

Churchill Explorer - August 13-19



Jays Jaunt to Seattle | July 03- 09

Experience a thrilling getaway to Seattle as the Blue Jays take on the Mariners. New this year is an extra night in Seattle, enjoy our downtown hotel location, close to Seattle’s iconic attractions like the Space Needle, Pike Place Public Market, museums and more, plus three games in prime seats! Conclude with a farewell dinner before returning home.



Women Xplorers Ireland | July 13-25

Discover Ireland’s charm, history, and natural beauty on an epic journey from Dublin to Doolin and beyond. Immerse in Dublin’s sights, explore ancient monasteries, walk vibrant Galway City streets, bike through Inishmore’s heritage, and marvel at the Cliffs of Moher. A whirlwind of unforgettable experiences awaits!



Iceland | July 22 – 31

Embark on an unparalleled journey through Iceland’s breathtaking landscapes. Explore diverse terrains, from majestic waterfalls to serene glaciers. Immerse in geothermal bliss at the Blue Lagoon, visit national parks, and witness marine wildlife. Delve into Viking history and cap it off with a farewell in Reykjavik. The ultimate Icelandic adventure!



PHOTOGRAPHS: IKTIK

Spring’s Hottest Tickets

Don’t wait to book these top three travel destinations

HERE ARE THREE of WestWorld Tours’ most popular trips, according to Leanne Haus, general manager of WestWorld Tours.

Alaska and the Yukon

Experience the remote, wild landscapes of the Far North, from towering mountains to massive glaciers. Be on the lookout for bears, moose and other wildlife during your journey. Visit the cities of Anchorage and Fairbanks in Alaska, and revisit the fascinating mining history of the Yukon’s Klondike Rush boom town, Dawson City. Enjoy the views from the White Pass and Yukon Railroad train ride, and take in the picturesque coastal scenery during a cruise of Prince William Sound, just to name a few of the highlights on this scenic journey to the North.



Newfoundland and Labrador

Experience the beauty of Newfoundland and Labrador with their stunning landscapes, warm hospitality and rich history! There’s plenty to see, including the Viking encampment at L’Anse aux Meadows National Historic Site, the only authentic Norse settlement in North America. Catch a glimpse of North America’s largest Atlantic puffin colony at the Witless Bay Ecological Reserve, where you will also enjoy a whale-watching cruise. This year, we’ve added another day to the tour to give travellers more time to explore this amazing destination.

Iceland

In the land of fire and ice—with its volcanoes, waterfalls and glaciers—the extreme landscapes seem otherworldly. Marvel at the rugged beauty of Dettifoss Waterfall (the second most powerful waterfall in Europe) and black-sand Reynisfjara Beach, surrounded by towering basalt stacks. See icebergs up close during a cruise on the glacier lagoon, fed by Vatnajökull, Europe’s largest glacier. Then soak your stress away in the world-famous geothermal waters of the Blue Lagoon.

“You can’t go to Iceland and not go to the Blue Lagoon,” says Haus. “Each of our journeys includes the top attractions in each destination.”

Book as early as possible—there are only a limited number of spots available on each tour.

Visit caask.ca/travel/westworld-tours to discover more.



PHOTOGRAPHS: (FROM TOP) SCSTOCK/SHUTTERSTOCK; TRAVELWILD/SHUTTERSTOCK; JEFF SHELDON/UNSPASH



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Going It Alone

A solo traveller's guide to exploring the world

SOLO TRAVEL ISN'T JUST FOR BACKPACKERS ANYMORE. Whether you're single, widowed or your partner doesn't want to (or can't) travel, the world is your oyster. Leanne Haus, general manager of WestWorld Tours, is seeing an upsurge in interest in solo travel. "People aren't waiting around for someone else to travel with them anymore," notes Haus.

"These days, there's a lot of great options for people who want to go solo—wherever their heart takes them," says Terry Kaszas, CAA Saskatchewan's general manager of travel services.

A great option for solo women travellers is to join a small group tour with like-minded individuals. WestWorld Tours' Women Xplorers—an innovative and enlivening travel option designed by women for women—offers fully escorted itineraries that cater to women of all ages and backgrounds. Solo travellers can choose their own room or take advantage of a guaranteed room share and save the single supplement. For women concerned about their personal safety, Haus says, "You feel a sense of security in travelling with a group. You have a professional tour director with you that is familiar with the area, taking care of all the details so you can sit back, relax and enjoy your vacation."

Women Xplorers has two tour offerings in 2024—Ireland and Morocco. On each of these trips, travellers can experience the culture and marvel at the natural wonders of these historically steeped countries. In some cases, joining a group tour could be the best way to experience a far-flung destination, where the logistics of going it alone would be difficult.

Regardless of whether you choose to go independently or join a group tour, Haus stresses the importance of medical insurance when travelling abroad—or even outside of province. Trip cancellation/interruption insurance is also important, so you won't lose your investment if you must cancel or your trip is interrupted due to unforeseen circumstances.

CAA Travel can help with the unique needs of solo adventurers, Kaszas points out, including travel insurance and emergency support.

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PHOTOGRAPHS: (FROM TOP) SB ARTS MEDIA/ADOBE STOCK, COURTESY OF CAA

WHERE IN THE WORLD?

Shine On

This 36-year-old beacon not only does the important job of guiding boats in the summer and snowmobiles in the winter, it also attracts thousands of visitors. The only one of its kind in the province, the lighthouse offers views of Jackfish Lake, Murray Lake and beyond.



PHOTOGRAPH: TOURISM SASKATCHEWAN/NORM BEAVER



Think you know where this is? Send us a note at caa.magazine@caask.ca with your guess for a chance to win a Safe to Go Roadside Kit. And check out our Summer 2024 issue for the location reveal! Learn more: caask.ca/where-in-the-world-contest.

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