

CAA

SASKATCHEWAN MAGAZINE



SPRING 2020

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Tours**

See page 34

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PLUS

KELOWNA ROAD TRIP

CANADA'S OFFBEAT MUSEUMS

ZIPPING AROUND ZURICH

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Spring 2020



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A PART OF THE FAMILY

Like a trusted friend or relative, CAA Saskatchewan's always got your back

AS I TRAVEL AROUND the province, I'm reminded of how much we rely on our roads. They help us drive our kids to hockey practice, commute to work and get us safely on our way.

When driving on the highway, I always follow the "slow to 60 km/h" rule when passing tow truck operators and emergency personnel. It's something we can all do to help these important workers return home to their loved ones at the end of a shift.

We should also be alert when driving through residential areas and school zones. Reduce your speed, drive according to the posted limits and obey the instructions of on-duty CAA School Safety Patrollers. These dedicated volunteers work to keep their classmates safe and educate students about pedestrian and traffic safety.

The drive to and from work is always interesting, especially after a long winter when construction and detours start to pop up. To stay alert behind the wheel, eliminate distractions like using mobile phones, eating and drinking. If you do need roadside assistance, rest assured that CAA is here to get you back on the road.

Before I head out on my commute or a road trip, I check to see if there are any CAA Rewards partners along the way. The program is easy-to-use, and

Members can save instantly: Just flash your CAA membership card at many locations. As CAA Members, we also earn CAA Dollars in-store and online at participating partners. One CAA Dollar is equivalent to \$1 CAD and it's automatically applied to your membership account. Cash them in for virtually anything at CAA Saskatchewan: your membership renewal, movie tickets, merchandise or vacations with CAA Travel. To check your balance, visit caask.ca/MyAccount. You can also enter CAA Member Experiences contests, which are exclusive to Members.

CAA Saskatchewan services nearly 181,000 Members who rely on CAA for insurance coverage, automotive help and travel planning. Thank you to all our valued Members for belonging to the CAA family.

If you have any questions or concerns, please go to caask.ca, or call or visit your local CAA Store. We look forward to serving you!

Pat Friesen
Chair, CAA Saskatchewan
Board of Directors

CAA

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Editor-in-Chief Kellie Davenport
CAA Saskatchewan Editor
Christine Niemczyk
Associate Editor Craig Moy
Art Director Gary Davidson
Associate Art Director Dan Parsons
Designer Cindy Lubinic

Media Sales Director Nicole Mullin
nicole.mullin@stjoseph.com
Regional Advertising Director Brian French
brian.french@stjoseph.com
Regional Account Manager Robert Zyluk
robert.zyluk@caask.ca

SJC **ST. JOSEPH COMMUNICATIONS**
Chairman Tony Gagliano
Vice-Chairman John Gagliano

STRATEGIC CONTENT LABS
President Douglas Kelly

Vice-President, Finance Richard Wong
Vice-President, Strategy Duncan Clark
Vice-President, Research Clarence Poirier
GM, Travel + Automotive James McNab
Director, Editorial and Creative Paul Ferriss
National Production Director Maria Mendes
Production Manager Judy Strader
Production Coordinator Glenn Pritchard

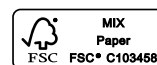
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Darrell Bryant 's second-place photo in the animal category



PHOTOGRAPHY CONTEST

SAY CHEESE!

EVERY YEAR, SHUTTERBUGS across Saskatchewan capture stunning scenes and vivid portraits. To celebrate their creative spirit, the Saskatchewan Amateur Photo Competition invites casual and serious hobbyists to share their images. This year, CAA Saskatchewan was pleased to sponsor the photogenic contest. Categories included landscapes, animals, birds, black and white, close-up and people, as well as classes for youth under 14 and 18. Entries were judged by members of the Canadian Association of Photographic Arts, with each photo scored

for impact, technical merit and composition. This year's winning entries were as diverse as our province itself. For John Siller, it was the first time he'd ever entered a competition and beginner's luck was on his side: The retiree's winter lynx image took top prize in the animal category. In the black-and-white section, Romel Bermudo's haunting image of Pelican Lake earned first-place honours. As a newcomer to Canada, his photo expresses the loneliness he felt being away from his family. To see these photos and more, turn to page 50 or visit saskam.ca.

AGRIBITION

SAFETY FIRST

CAA Saskatchewan once again partnered with Canadian Western Agribition (CWA) to promote visitor safety. For the third year in a row, CWA volunteers geared up in reflective CAA School Safety Patrol vests, caps and “STOP” paddles. The tools helped increase their visibility as they directed foot/hooft traffic throughout the fairgrounds. CAA’s School Zone Safety Drop-Off Zone also helped school buses safely load and



unload passengers. In addition, the 10,000-plus students who attended Agribition received copies of the CAA Family Safety Booklet in their classroom packages.

IMPAIRED DRIVING

STUDENTS BECOME TEACHERS



Last fall, Saskatoon hosted the Students Against Drinking and Driving (SADD) provincial conference, which CAA Saskatchewan was pleased to support. During this professional development event for chapter members, speakers like the Stevenson Family shared stories about the consequences of driving under the influence of drugs and/or alcohol. The event underscored the importance of impaired driving awareness. To further drive home the message, SADD’s annual Red Ribbon campaign took place in November.

The ribbon serves as a visible reminder to make responsible choices and remind people that fatalities and injuries caused by impaired driving are always preventable. CAA encouraged Saskatchewan motorists to show their support by displaying a SADD ribbon on their vehicle mirror or aerial. Complimentary ribbons were available at our 12 CAA Stores in Saskatchewan, CAA Car Care Centre at Regina Battery Depot and through CAA’s Roadside Assistance operators in Regina. Learn more about SADD at saddsask.ca.



EARTH DAY

DO GOOD, FEEL GOOD

In recognition of Earth Day, CAA Saskatchewan and Crown Shred & Recycling will hold a special shredding and recycling event. On Saturday, April 25, head to Regina’s Crown Shred (225 6th Ave. E.) to safely dispose of confidential

documents and recycle electronics. From 9 a.m. to 1 p.m., we’ll be in the parking lot accepting items such as paperwork, CDs and other media, along with electronics, including TVs (maximum four boxes per person). Though the service is free, we kindly ask you to bring non-perishable food items in support of the Regina Food Bank.

CAA INSURANCE

10 AND COUNTING

PlatesPLUS is turning 10! CAA’s Auto Insurance (AssurePro) program began selling package policies to CAA Members in 2010. During the past decade, PlatesPLUS has continued to grow, while providing top-notch auto policies



with exceptional service. CAA will celebrate this milestone throughout 2020. Visit caask.ca/auto-insurance for details about how PlatesPLUS customers can join in the celebrations.

SIGN: MADELAINE MICHELL; RIBBON: LONA GERVAIS; EARTH: IPOBPA/ISTOCK

CAA MEMBERSHIP

SKIP THE PAPER

CAA Saskatchewan mails about 160,000 paper bills every year—that’s the equivalent of one tree every month! There are also fuel emissions generated by delivering statements all over the province. To help reduce this impact, make the switch to paperless billing. You can also set up automatic membership renewal to ensure your coverage never expires. To switch, visit caask.ca/MyAccount, call 1-800-564-6222 or ask for help at your local CAA Store.



Women Xplorers horseback riding in Ireland

WOMEN XPLORES

THE JOURNEY CONTINUES

Hard to believe a year has passed since WestWorld Tours launched Women Xplorers! Tailored to ladies

who crave a bit of history, mystery, culture and adventure, our inaugural tours were incredibly well received. One group is gearing up to hit Peru’s Inca Trail to Machu Picchu in April, while another will giddy-up and go on October’s Cactus &

Cowgirls tour in Arizona. With demand high, the Women Xplorers crew is hard at work planning new soft-adventure “explorations,” which are more relaxed but no less exhilarating. Every season will be covered: winter in Costa Rica; spring in Newfoundland; Ireland in summer; Spain and Portugal in the fall. This May, Women Xplorers will host information nights, partnering with Saskatoon and Regina YWCA. Proceeds from the events will help support women and children in our communities. Visit westworldtours.com or email xplorers@westworldtours.com to find out more about the program.

CAA TRAVEL

WIN IT BACK WITH WESTJET

Congratulations to the Luchenskis, winners of the Win it Back with WestJet Vacations contest! Genna and Wayne have been Members of CAA Saskatchewan since 2014. The globetrotting couple loves to travel and CAA Travel Consultant Melinda Budvarson helps coordinate their adventures. The Luchenskis have planned trips with her at the CAA



Melinda Budvarson (left) and Genna Luchenski

Swift Current Store for 10 years. Have a great trip, Genna and Wayne—and thanks for choosing CAA Travel! For the

latest travel news, special offers and contests, follow us on Facebook: facebook.com/CAASKTRAVEL.

IT'S BACK!



Do you have a road to nominate in 2020?

Voting starts April 1st and that’s no joke!

In 2019, eight of the ten CAA Worst Roads were municipal roads in Moose Jaw and Regina. Saskatchewan voters identified potholes and crumbling pavement as the major problems.

Learn more at caask.ca/worstroads

Advocating for better roads and safety for all road users including pedestrians, motorists, and cyclists is a priority for CAA Saskatchewan.

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See Shannan's full story - caask.ca/most-trusted-travel-insurance

PURCHASE IN MINUTES - CAASK.CA/MOST-TRUSTED-TRAVEL-INSURANCE



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SAFETY
FIRST

May 12 is CAA's Slow Down Move Over Day, an event supported by SGI, the Saskatchewan Association of Chiefs of Police and the Roadside Responders Association of Saskatchewan

CAASK.SAFETY



IN YOUR CORNER

SLOW DOWN, MOVE OVER

Promoting safe driving near tow trucks and other emergency vehicles

IF YOU'VE EVER HAD to pull over on a Saskatchewan roadway, you know how nerve-wracking it can be. Even if you're far over on the shoulder—even if your hazard lights are on—other vehicles often whip past, mere metres from where you stand. In other words, you're vulnerable.

So, too, is the tow truck operator who responds to your call for roadside assistance.

"We really depend on the motoring public to help keep us safe—by slowing to 60 km/h on highways—when passing us at work," says Brad Stratyчук, president of the Roadside Responders Association of Saskatchewan. "It really is a matter of life and death."

“
We really depend on the motoring public to help keep us safe—by slowing to 60 km/h on highways—when passing us at work

”

Across Canada, there are more than 7,500 tow truck operators employed by or contracted to provincial CAA clubs. Each one receives ongoing training, plus equipment like tall reflective pylons and high-visibility clothing, to ensure that they—and the Members they're helping—stay as safe as possible at the roadside.

Even then, some motorists don't heed the warnings. Tragically, a tow truck operator near Esterhazy was struck and killed in 2017 while working during a blizzard. In November 2019, an Oshawa tow truck driver was killed while assisting a motorist on a highway near Durham, Ontario.

Those tragedies and others like them have inspired CAA clubs across the country to name the second Tuesday in May as national "Slow Down Move Over Day." The event raises awareness of laws meant to protect tow truck operators, other emergency responders and highway workers.

In Saskatchewan, you must slow to 60 km/h when passing emergency and service vehicles parked at the side of the road with their lights flashing. This includes tow trucks, tire service vehicles, police cars, ambulances, fire trucks, highway workers and snowplows. Drivers who don't comply could face fines of \$170 or higher, based on speed.

"Tow truck operators and first responders help others," says Joe Hargrave, the Minister Responsible for SGI. "When you see those flashing lights on the roadside, think about the people who might be standing there too; slow down and move over to keep them safe."

The addition of blue lights to tow trucks has increased visibility on Saskatchewan highways. "We worked with key safety stakeholders to lobby the Government of Saskatchewan for new legislation allowing tow trucks to display blue lights in addition to amber lights when assisting motorists," says Scott McIntyre, CAA Saskatchewan's vice-president of automotive services. In April 2017, Saskatchewan became the first province to permit this additional safety precaution.

While the exact number of collisions involving tow trucks is unknown, data from CAA National indicate that each year in North America, dozens of tow operators are killed while doing their jobs. Each and every one of these deaths is entirely preventable: Slow down, move over! CAA



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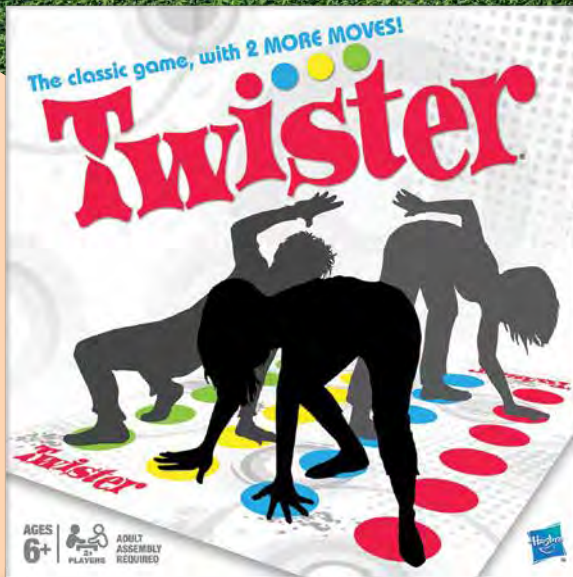
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FAMILY GAMES

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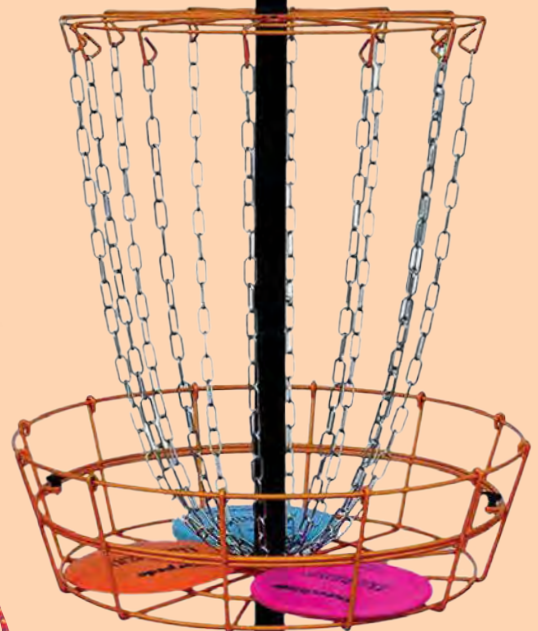
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HYDRATING AND TONING



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Earn 2% in CAA Dollars

PRACTICE YOUR PUTTS AND
BUZZER BEATERS



GOLF TOWN
Putting cup game
Earn 6% in CAA Dollars



HUDSON'S BAY
Everlast fitness ball
Earn 4% in CAA Dollars

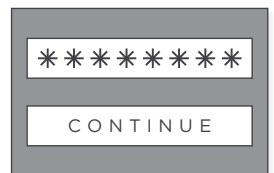
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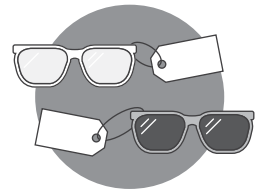
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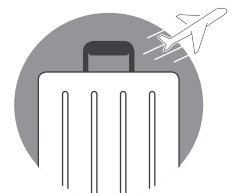
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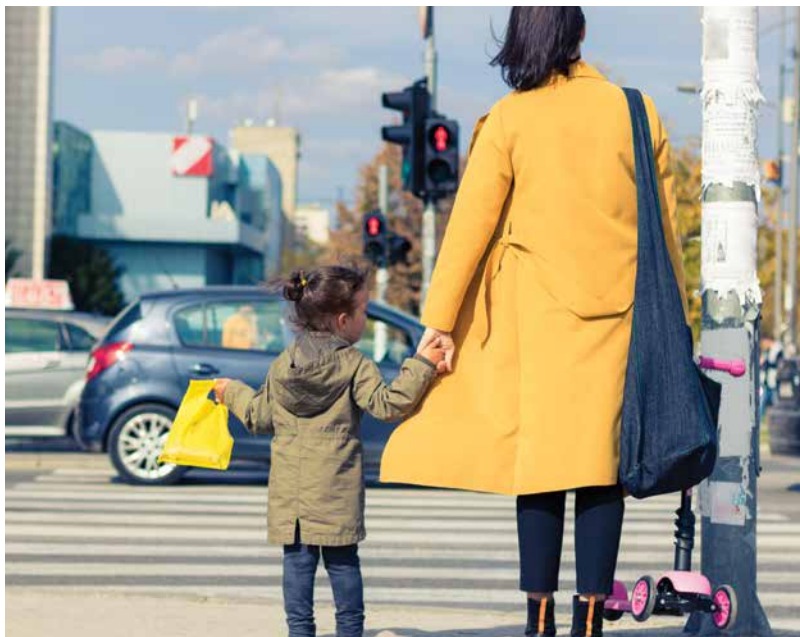
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DRIVE

WALK THIS WAY

A look at pedestrian safety and how all road users can make a difference

BY DALE EDWARD JOHNSON

WALKING IN SASKATCHEWAN can be a dangerous undertaking.

In 2018, 15 pedestrians were killed on roads in the province. While the risk of pedestrian injury is far greater in urban areas, where 202 pedestrians were hurt, there are more fatalities on provincial highways, which accounted for nine deaths.

Combined, nearly 38 percent of incidents took place at intersections when pedestrians had the right of way. Though drivers aren't always to blame: A smaller number of occurrences were the result of pedestrians darting into roads, jaywalking or jumping on or off a vehicle. Still others were attributable to people skateboarding, working on a vehicle or using a wheelchair on a road.

"Drivers need to be aware that pedestrians may not always cross *when* or *where* they're supposed

“
Drivers need to be aware that pedestrians may not always cross when or where they're supposed to

”

to,” says Tyler McMurchy, media relations manager at SGI. Drivers must always stay alert, avoid distractions, yield to pedestrians at crosswalks, and follow traffic laws and signals.

But making roads safer for people on foot isn't entirely the responsibility of drivers. SGI reports that pedestrian action was a contributing factor in two of 2018's 15 deaths.

Be an alert driver/walker

"A general lack of attention on roads by drivers and pedestrians alike could be a cause of pedestrian fatalities," says Lewis Smith, manager of national projects with the Canada Safety Council, a charitable organization dedicated to the cause of safety.

Smith offers the same advice to all road users: Focus on the task at hand and avoid common

distractions, including smart-phones. And look at what the other person is doing—but don't assume that they've seen you.

How to keep kids safe

Parachute Canada, the country's leading non-profit dedicated to injury prevention, reports that pedestrian fatalities are one of the leading sources of injury-related deaths for children under 14. Their physical size and cognitive development make them particularly vulnerable when on foot.

The Saskatchewan Prevention Institute reminds adults to always supervise kids on sidewalks and teach them from an early age how to safely cross the street. The organization also notes the importance of well-maintained sidewalks and crosswalks, as well as driver awareness.

"CAA is a dedicated safety advocate for drivers and pedestrians of all ages, especially kids," says Christine Niemczyk, director of communications with CAA Saskatchewan. CAA's school zone safety assessments (caask.ca/schoolzonesafety) determined that school zones are becoming more dangerous. Speeding and distracted driving remain the most hazardous driving behaviours in these areas.

To help keep kids safe in school zones and beyond, show them how to stop, look both ways, listen and stay alert while crossing the street. Children (and adults alike) should never run out in traffic or between parked cars, buses or buildings. And avoid using cell phones for texting, calls or games while walking. Keep your head up and be aware of your surroundings. Make eye contact with the drivers before proceeding into the intersection.

Young walkers should also look for on-duty CAA School Safety Patrollers and follow their instructions. **CAA**



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INSURANCE IQ

HOME GAME

Adding home insurance is a crucial step in the purchasing process for new homeowners

BY CARLY PETERS

BUYING YOUR DREAM home comes with an enormous to-do list, from choosing a mortgage broker to picking paint colours. But there's one thing prospective buyers need to do before closing on that perfect property: Buy home insurance. Lori Madsen, director of insurance services with CAA Saskatchewan, answers questions commonly asked by new homeowners.

Why should I get home insurance right away?

Quite simply, you want to protect your purchase. And in order to obtain a mortgage, your lender will require you have home insurance to ensure coverage to repair or replace the home in the event of a loss. Your lender wants to protect its investment

“

Your lender wants to protect its investment in the property, along with your interest, since you're both owners of it until the mortgage is paid off

”

in the property, along with your interest, since you're both owners of it until the mortgage is paid off.

What do I need to get a quote?

The more details, the better. Your home insurance quote is determined based on your home's unique details. You'll need to know things like square footage, the year the home was built, any updates or renos you've done—things like roofing, plumbing, heating—the type of flooring, and any special features like a pool.

Are there “must-have” coverages I should get?

An important one is replacement cost guarantee. It ensures the home will be replaced if your insurance limits aren't adequate—

if, for example, inflationary increases aren't enough or there was an error in calculation.

You also want to make sure that there is enough to cover all of your belongings. CAA Insurance offers complimentary property checklists to help make a record of your personal belongings. Get a copy from your CAA Insurance Consultant or visit caask.ca/insurance/property-insurance.

Another important coverage is overland water protection, which covers your property in the event that fresh ground water enters it due to excessive rain, overflowing rivers or spring runoff. You'll also want to make sure you have liability coverage for damages caused to others due to your negligence.

What are some optional insurance coverages?

You can purchase riders or endorsements to cover items that are limited or excluded on your insurance policy, including jewellery, bicycles, collectables, art, furs, business property and cameras.

Can I lower my premium, even as a first-time buyer?

Yes! Save by bundling insurance products, like auto and home. CAA Members also receive insurance discounts. Monitored security systems can reduce your rate, and some carriers offer a special first-time homebuyer discount.

I'm buying a condo. Do I need homeowner's insurance?

Your condo corporation's insurance, which is paid through your condo fees, covers the building and common areas. But you're responsible for purchasing an individual condo policy to cover your belongings, liability and any upgrades you make to the unit. **CAA**

TAKE 5

CANADA'S ODDBALL MUSEUMS

Satisfy your curiosity by visiting some of the country's most unusual collections

BY MARK STACHIEW



1

GOPHER HOLE MUSEUM

Taxidermy features prominently in most natural history museums, but in the cozy Alberta town of Torrington, the Gopher Hole Museum does things a bit different. First, the museum displays nothing but gophers. Second, said rodents are all dressed in human costumes and portrayed in lifelike tableaux, like getting coiffed at the beauty salon and smooching by moonlight. If you want to visit one of Canada's most unusual museums, then "gopher" this one.

2

UFO CENTRE

Most Canadians remember 1967 as our nation's Centennial, but folks in the tiny fishing village of Shag Harbour, N.S. will tell you it's the year a mysterious UFO crashed offshore. The incident is documented at the Shag Harbour Incident Society Museum, where you



can view out-of-this-world memorabilia. You can also head up the road for a picnic at the UFO Gazebo

and gaze out to the spot where the object crashed, leaving behind nothing but yellow foam.

3

BARBIE EXPO

Tucked away in Les Cours Mont-Royal, a fashionable shopping centre in downtown Montreal, you'll find the world's largest permanent display of Barbie dolls. The Barbie Expo assembles a dazzling collection of more than 1,000 dolls dressed by designers like Armani, Ralph Lauren and Vera Wang. See if you can also spot the famous Barbies posing as iconic movie characters.



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5

LOG CABIN MUSEUM

What the tiny Colville Lake, N.W.T. Museum lacks in size it makes up for in quirk. The hand-built log cabin is outfitted with paintings by local priest, pilot and town founder Bern Will Brown. The quaint structure also houses a collection of northern memorabilia, including the very first snowmobile ever to make tracks in the Canadian North. **CAA**



4

CANADIAN POTATO MUSEUM

You'd think there'd only be room for one potato museum in Canada, but fans of everyone's favourite tuber can choose between the New Brunswick Potato World Museum and P.E.I.'s Canadian Potato Museum.

Like Stompin' Tom Connors, we give the nod to the P.E.I. entry because everyone "likes the island's potatoes best." It also happens to boast the world's largest potato sculpture.



DOLL: SOPHIE LEPRÉ/TOURISME MONTRÉAL; POTATO: JOHN SYLVESTER/POTATO MUSEUM; CABIN: COLVILLE LAKE MUSEUM; BUFFALO: SARAH TORREY

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TRAVEL INTEL

FITNESS TO GO

Six fun ways to stay fit and maintain healthy habits while travelling

BY ASHLYN GEORGE



IT'S EASY TO INDULGE on vacation: a macaron here, a bit of gelato there and a few *alfajores* tucked in your bag for later. But nutrition coach Ashlyn Newlove insists you don't have to abandon healthy habits when travelling. Newlove, who runs The Sweat Effect, an online fitness program geared toward fitness on the road, shares a few of her top travel tips.

WALK IT OFF

The number one thing Newlove tells her clients when they're travelling is to walk as much as possible. Use a step counter or a smart watch and set your goal high since you're out of your regular workout routine. Walking is also an excellent way to sightsee in a new city.

KEEP IT FRESH

Stop by a local market to pick up produce for breakfast or snacks. It's a cost-effective, convenient and healthy way to try the regional cuisine. A good guideline when on vacation is to eat 70 percent healthy foods and treat yourself the other 30 percent of the time.

OUTDOOR GYM

Finding a neighbourhood gym is a great way to stay on track. It's also fun to meet new people and get the lowdown from locals who are exercising beside you. Outdoor gyms in parks or playgrounds offer the added endorphin rush of fresh air and beautiful settings.

RUN A MARATHON

Building a holiday around a running event is another great way to see a city on foot. Nowadays, you can do marathons or fun runs on all seven continents—there's even one in Antarctica held every March. Try a run at Disney World or Norway's stunning Midnight Sun Marathon.

ROAD TRIP!

Long road trips can lead to stiff muscles and cramps, so it's a good idea to get out of the car every few hours. Stretch your legs, elevate that heart rate and get blood flowing by stopping for a quick hike along a lake or find a mall and go for a lap around the shops.

TAKE A CLASS

During sunny get-aways, step away from the beach chair and book an active excursion like mountain biking, surfing or ziplining. Or think outside the box and flex a few different muscles with a tango lesson in Argentina or seaside yoga in Bali. **CAA**

Zurich

MEDIEVAL *to* MODERN

EXPLORING A CITY THAT WEARS ITS TRADITIONS
AND ITS NOVELTY WITH PRIDE

BY LOLA AUGUSTINE BROWN

Old and new collide at
Zurich's Landesmuseum



“You

have to use the right kind of potato,” says cook Isabel Iten, as she shows me how to make the perfect rösti, Switzerland’s famous spud dish.

I had walked into Zunfthaus zur Waag, an eatery nestled on Münsterhof in Zurich’s Old Town, hoping to sample the rumoured best rösti in town. But after inquiring about the house specialty, I was enthusiastically ushered into the kitchen for an impromptu cooking lesson. Standing in the kitchen of the 17th-century building, I listen intently. “Cook potatoes and chill them overnight. Then grate the potatoes and fry them in a *lot* of butter,” Iten instructs, pouring what must be a quarter cup of butter into a pan—before adding potatoes and frying until perfectly golden.

The seasoned chef serves me a plate of freshly fried rösti and tender sliced veal in a mushroom sauce. “The sauce is the real magic,” she says, “it has an onion base with cream, white wine and button mushrooms.” Each bite is better than the last, with the fragrant sauce perfectly complementing the crisp, buttery potato.

Swiss food, however, is so much more than rösti (or cheese or chocolate) and Zurich has so much more to offer than history (and watches and banks). On my second visit to Switzerland’s largest city, I sample varied experiences, from ancient to marvellously modern—and savour every delicious moment.

SITUATED BY Lake Zurich and the Limmat River, the city is one of the world’s most liveable. It’s been continuously inhabited since before Roman times, serving as a strategic centre for trade, commerce and industry that have



made it a hugely wealthy 21st-century metropolis. Though famous for banking and watchmaking, Zurich has lately emerged as one of Europe’s hippest cities, thanks to an eclectic post-industrial art scene and rich culinary tapestry. Zürchers, as locals are known, take the “work hard, play hard” mantra very seriously.

After staying in the touristy centre on my first trip, this time I opt to bunk in Binz, Zurich’s old Jewish quarter,

which in recent years has morphed into the city’s buzziest creative district. It’s home to trendy eateries, raucous bars and independent shops—located a stone’s throw from authentic delis and restaurants that have been here for generations.

I check into Hotel B2, a stylish boutique hotel offering surprisingly spacious, modern rooms and one of the best traditional breakfasts in town. It’s also a bibliophile’s dream, boasting a



Clockwise from left: the skyline defining Grossmünster church; sweets at Confiserie Sprüngli; chef Iten's rösti



“wine library” lined with some 33,000 books, all begging to be read alongside a crisp glass of Swiss Sauvignon Blanc.

As an added treat for travellers, the hotel is attached to Thermalbad Spa. The sprawling bath complex is housed in the brick vaults of a centuries-old brewery; water from its thermal springs was once used to make beer. As a hotel guest, I can visit daily during my stay, but it's also open to the public. After a long flight, I meander through

the network of herbal steam rooms, hot pools and cold plunge pools before ascending to the heated rooftop pool and its sweeping views of Lake Zurich and the Alps. Time your terrace visit to arrive shortly before sunset to soak in the colourful sky-high scene.

Suitably recharged, I set out to explore the bustling streets of Binz. I soon stumble upon Hopfenau, a quaint bistro that oozes modern Swiss charm. Though the short menu is in German, the owner happily walks me through the locally sourced offerings. I land on the most delicious linguine with cream sauce, portobellos and fresh figs. (It proves to be my favourite meal in the city.)

Of course, you don't have to *sit down* for a great meal in Zurich. For lunch one day, I stand outside the Sternen Grill and sip a small beer before digging into a juicy bratwurst with blow-your-head-off-hot mustard. For sweets, you can't beat the confections at Confiserie Sprüngli, which has been operating on Bahnhofstrasse since 1836. Vegetarians can also join in the culinary fun at Haus Hiltl, the oldest meatless restaurant in Europe. Stick around after dark when it turns into a nightclub, said to be a favourite haunt of Madonna.

WANDERING THE cobbled streets of Old Zurich, lined with ninth-century buildings, it feels like I've been dropped into a fairy tale. I venture up stone stairways and enter walled courtyards plastered with pretty frescoes and ornate face carvings staring out from the stonework. Even the area's few chain stores are inside gorgeous monumental buildings. I hop on the clunking Polybahn, a historic funicular railway, to ascend from Central Square to the hilltop campus of ETH Zürich. It's the perfect vantage point to look out over the historic centre and snap a few photos.

Set on opposite sides of the Limmat River, Grossmünster and Fraumünster churches dominate the skyline and are essential stops when walking the Old Town. Dating to 1100, the ancient architecture of Grossmünster inspires silent awe, while Fraumünster—named for its location on the site of a medieval abbey—features several spectacular windows crafted by modern master Marc Chagall.

Along the banks of the Limmat, swans glide under bridges, locals sip beer on terraces and charming shops reveal just how expensive cuckoo clocks can be. I also spot plentiful places to kick back with a warm drink and some cake. The Swiss are exceptionally good at making sweet treats, and the boozy hot chocolate at the baroque, circa-1842 café Conditorei Schober is dreamy.

Dedicating a day to culture and »



The eclectic shops of Im Viadukt

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Another once-in-a-lifetime highlight: seeing Oberammergau's legendary passion play in Germany. The unique spectacle has taken to the stage every decade since 1634.

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history, I spend the morning at Kunsthaus Zürich, one of Europe's finest museums. With a collection spanning eight centuries, there are rooms filled with religious art from the Middle Ages—the gilding is so bright that it's hard to believe how old it is—and halls lined with modern works by Picasso, Matisse, Mondrian and Warhol. Over at Landesmuseum (a.k.a. the Swiss National Museum), I learn about everything from banking to watches to the many fascinating aspects of Swiss life, including traditional costume, religion and women's rights.

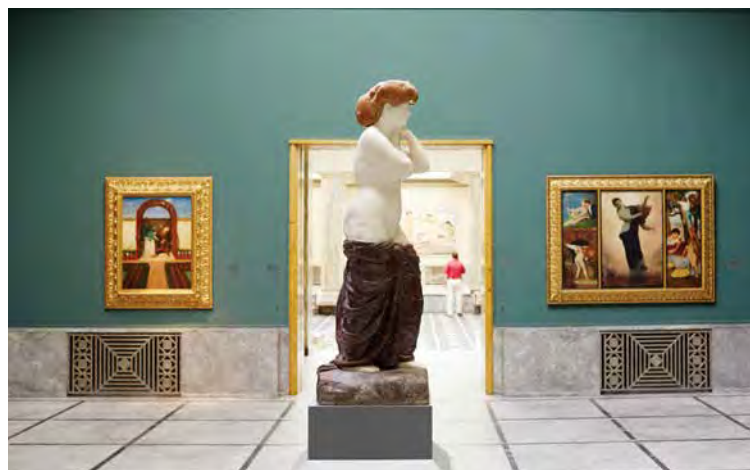
For a current take on Swiss culture, leave the Old Town and explore—an easy feat, thanks to the highly efficient tram system. In Zurich-West, the city's design district, the Museum of Design showcases industrial fabrication, visual communication, architecture and crafts. (There's a great gift shop selling cool posters and nifty objects.)

The district also houses Im Viadukt, a collection of indie boutiques, art spaces, restaurants and a farmers' market, all contained under 36 historic railway arches. Nearby Frau Gerolds Garten is a community garden surrounded by bars and cafés. And atop Prime Tower—Zurich's tallest building at 126 metres—grab a table at Clouds restaurant for coffee and incredible views of the city.

For nightlife and a little alternative culture, Langstrasse is the place to be. Once considered the city's red light district, the neighbourhood has blossomed into Zurich's most diverse and hippest area. I pull up a stool at Olé-Olé-Bar, a well-loved local watering hole, and strike up a conversation with some affable Zürchers. They invite me to a gig by Brit rocker Noel Gallagher. But by the time I arrive at the über-cool Volkshaus nightclub, the band has left the building.

Zurich is such a vibrant city; even on this second trip, I feel like I've only scratched the surface. Though I missed seeing a rock star, my Swiss sojourn has provided stunning sights, relaxing rooftop moments, marvellous modern art—and plenty of crispy potatoes. **CAA**

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KELOWNA

THEN AND NOW



Hitting the beach in Kelowna; the writer with her family at a local park, circa 1975 (inset)

WA



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Westerners have been visiting the Okanagan for decades. Here's why it's still a road-trip staple

BY TWYLA CAMPBELL

EACH SUMMER FROM 1967 TO 1978, my family drove 1,500 kilometres from our farm in southeastern Saskatchewan to spend two weeks vacationing at my grandparents' home in Kelowna, B.C. Back then, a non-stop Trans-Canada Highway trip could take 24 hours. Our drives took three days—with seven of us in the family car and a tent trailer in tow. My siblings and I passed the time reading, sleeping and playing road-trip games.

Seeing the Rockies come into view near Calgary was always a milestone on the journey. There were still hundreds of kilometres to go, but those peaks were our halfway point.

Rogers Pass was another marker. Emerging from the darkness of a highway snow shed signalled our proximity to the Enchanted Forest and Three Valley Gap—two kitschy but endearing tourist attractions. But it was shimmering Kalamalka Lake south of Vernon that told us we'd reached the Okanagan.

A couple of days and we'd be sun-browned and feral. We spent most of our waking hours at the beach or the pool, with breaks to refuel on burgers, homemade ice pops and carrots pilfered from grandma's garden.

That was my childhood Kelowna. Visiting as an adult, things are a little different.

With a population of just over 130,000, Kelowna is the Okanagan's largest and most tourist-friendly city. Its biggest natural attraction has always been Okanagan Lake, which stretches 135 kilometres north to south. Thirty beaches provide ample space for sandcastle building, while the pristine water offers respite from the summer heat.

A musty air mattress served as our pool float back in the day. Vacationers today have other on-water options, from stand-up paddleboards to yacht rentals. The latest trend, fly-boarding, sees thrill-seekers strap jet packs to their feet to soar above and dive through the water. Parasailing, where »

ROADSIDE ATTRACTIONS

Break up the long drive with fresh air and a few treats



The **Enchanted Forest** just west of Revelstoke houses fairy-tale creatures crafted by artist Doris Needham. It opened to visitors in 1960 and has been lovingly maintained over the years. Follow the Yellow Brick Road to visit wizards, dragons and more.

Homemade ice cream from **D Dutchmen Dairy** in Sicamous, just off the Trans-Canada Highway, always satisfies. The Dewitt family scoops old-fashioned ice cream available in a multitude of flavours.

The original Mennonite owners of **Log Barn 1912** (on Highway 97A outside Armstrong) sold fruit and vegetables from a small shack. Now there's also a proper gift shop selling sausages, jams, baked goods and more. You can't miss the nine-metre-tall goat walk spanning the entrance.



The Kettle Valley Rail Trail spans Myra Canyon

you're hitched to a kite pulled behind a boat, seems tame in comparison.

Of course, there's much to do for landlubbers too. With tree-lined streets and seaside promenades, the city was made for strolling. Kelowna Museums typically offer guided walking tours every summer. A historic walk reveals the stories of Indigenous peoples and European settlers, while Cultural District tours showcase Kelowna's arts scene.

Bike-rental companies can help you explore farther afield. Kelowna boasts more than 300 kilometres of bike lanes, plus scores of off-road trails outside town. The historic Kettle Valley Rail Trail offers unforgettable canyon scenery while traversing 18 trestle bridges and two tunnels.

After all the watersports, cycling and sightseeing, quench your thirst at one of the area's nearly 20 craft breweries, cideries and distilleries, or over 40 wineries.

Vines originally planted in the 1980s have now been bearing fruit—and showcasing the Okanagan's diverse terroir—for years. The districts of



Fresh fare at Red Fox Club

Kelowna and Lake Country form one of the valley's seven viticultural regions, an Eden for cool-climate grapes. Pinot Gris, Pinot Noir, Riesling, Gewürztraminer and Chardonnay thrive in the clay, sandy loam and limestone-rich soil. Wine lovers can spend days navigating varied wine routes—for the vino, but also the architecture. Old World aficionados love pioneering vineyards like Mission Hill and Gray Monk. Or check out the Instagram-ready structures at 50th Parallel Estate and Ricco Bambino, an urban winery with a Miami-meets-Amalfi vibe.

These vineyards are exemplary of the new Kelowna: boundary-pushing businesses that have turned a quiet



Art abounds at Mission Hill Winery

lakeside village into a world-class destination, brimming with rooftop dining, penthouse condos and 21st-century luxuries.

Through it all, Kelowna remains approachable. The lakefront where I gorged on grape freezies as a child is the same one I now stroll with my grown daughters (though we've

swapped the ice pops for artisanal gelato). These days, I load my picnic basket with Okanagan ingredients: organic sourdough from Sprout Bread, plus local cheese and meats from One Big Table, a cooperative grocery store on St. Paul Street.

If you prefer to leave the cooking to someone else, two award-winning

chefs, Mark Filatow of Waterfront Wines and Rod Butters of RauDZ Regional Table, continue to expand their dining domains. The former founded Waterfront Café on Abbott Street, while Butters opened Sunny's: A Modern Diner on Bernard Avenue.

Filatow and Butters are longtime advocates of farm-fresh fare; they helped it go mainstream in Kelowna. Downtown bistros like Salt & Brick and Oak + Cru, and winery restaurants,—the Garden Bistro at O'Rourke's Peak Cellars, Block One at 50th Parallel and Red Fox Club at Indigenous World Winery—all follow the farm-to-table philosophy. Ingredients are sourced from conscientious growers, whose verdant fields offer up seasonal produce and free-range proteins.

The funny thing is, this is exactly how we lived on the farm and how grandma cooked when we came to visit. Honest food, made with love.

Perhaps that's why Kelowna still has my heart. The city may be more polished now, but every time I return, I end up feeling like a kid again. **CAA**



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West Meets East



A Prairie love
letter to Nova Scotia

By Jennifer Allford



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Miss Peggy's Cove

Sunset in Peggy's Cove;
chef Dennis Johnston
with writer Jennifer
Allford (opposite)

DURING MY FIRST STAY in Peggy's Cove some 40 years ago, we scrambled down the granite below the iconic lighthouse, Prairie kids oblivious to the ocean—and the dangers of slippery black rocks and rogue Atlantic waves.

My mom brought us east to meet some of her long-lost relatives. Her people, like so many others, first set foot in Canada on Nova Scotian shores. It was my mom's cousin who kindly coached me through my first encounter with a lobster—I had no idea where to start with the red beast on my plate. Over the years, I've been back to the province many times and, while I now know to stay away from ocean rocks, I still need help with the trickier bits of a lobster.

Somewhere along the way, I fell madly in love with the place. There's the landscape—pretty coastlines, lush valleys and the vast ocean, ever changing like our endless Prairie sky. Don't even get me started on the food—even those with shellfish allergies can feast on fresh produce from the Annapolis Valley. In the great outdoors, visitors can kayak, surf, golf and even try log rolling. But it's really the people here who will charm you the most. On one flight out east, my seatmate offered me a ride to my Halifax hotel, insisting her sister would be delighted to drive me downtown. And she actually was!

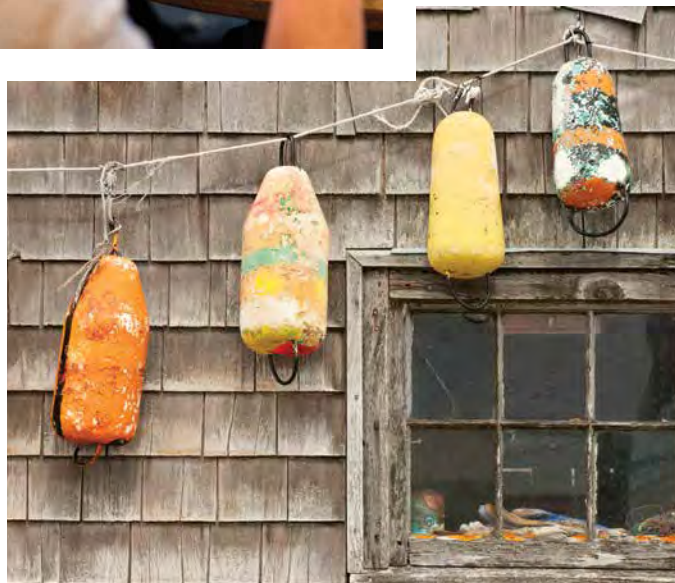
I'VE BEEN TO PEGGY'S COVE several times since that first childhood trip—and in every season. In the summer, visitors flock from all over the world to wander the rocks, inadvertently and inescapably photo bombing each other. My latest trip sees me on these familiar shores on a brisk February afternoon. The scene is decidedly less crowded but still stunning, as skiffs of snow line cracks in the granite. I have the pretty little road to myself as I walk to the lighthouse, past shuttered tourist shops. At the Breakwater Inn,



Lucy the Lob-star and friends



Catch of the day at Whitepoint Beach Resort; a rustic fishing shack (below)



a drink in a fishing shed. “The men meet 365 days a year,” Richardson remarks. Once in a while, they invite visitors to join them among the nets and buoys to hear a yarn or two. One fisherman notes that he doesn’t actually eat much lobster: “Only once in the spring,” he says, as he tucks his bottle of rum on the counter and heads home for the night.

The quiet visit to Peggy’s Cove is our first stop on the annual South Shore Lobster Crawl. Every February, people up and down the south coast embrace winter with events such as a fat bike festival, art shows and the Lobster Roll Challenge at White Point Beach Resort near Liverpool. During the crawl, a dozen or so restaurants enter their finest crustacean plates—from downhome, with a side of potato chips, to upscale, accompanied by artisanal relish and microgreens. Capt. Kat’s Lobster Shack of Barrington Passage won the inaugural 2018 title and bragging rights for the year.

You can’t miss the shack: Look for the giant lobster perched on its roof. Once inside, you’ll be greeted by a live 80-year-old crustacean. Lucy the Lob-star participates in the South Shore’s take on Groundhog Day (she didn’t see her shell shadow this year). Lucy hangs out with another local celeb: a rare blue lobster. Their greenish-brown tankmates, however, are destined for dinner plates.

“Some people think lobsters are red and the green ones must’ve gone off,” chuckles Captain Brad Crouse, as we head out on his boat from West Berlin. (Live lobsters can be green, brown, red or blue.) From March to May, he takes visitors on morning fishing sessions. I watch as he and son David haul traps—a sort of ballet in rubber boots. David hands me a tool that fastens blue bands over the crustaceans’ claws. Back on shore, we take our haul back to the White Point Beach Resort where chefs remove the bands, boil the lobsters and serve dinner overlooking the ocean. »

my host, Peter Richardson, is getting ready for a lobster boil.

With a plastic bib secured around my neck, I dig into lobster, rolls and potato salad. Across the table, an Irish visitor picks up her fork to dip a claw in butter. Richardson quietly admonishes her: “You’re in Peggy’s Cove now, use your fingers.” The daughter of a lobster fisherman chimes in: “If you don’t have butter and sea water dripping off you, you’re not doing it right!”

After dinner, we join a few of the town’s remaining 30 residents for



A FEW MONTHS LATER, I find myself on yet another lobster boat, but this time on a sunny June afternoon. The lobster fishery on the South Shore runs November to May, but over the summer, Lyle Morash and his dad, Louie, get special permits to take visitors around the waters of Lower Prospect, near Halifax. We start the afternoon with a guided sea kayak tour, paddling past islands. After a couple of hours, we head to the harbour and board Morash's boat, the *Who Cares*. They haul in some traps and tell more than a few fish tales.

The fishermen drop us back at East Coast Outfitters' dock, where celebrated Halifax chef Dennis Johnston is prepping dinner. The menu: oysters, mussels, "peas picked this morning," foraged morel mushrooms, charred carrots and lobster steeped in seawater. The Nova Scotians at the table offer us Westerners various tips to get past the shell. I still haven't mastered the technique, so Johnston sits next to me for a hands-on tutorial. After the belt-busting meal, our hosts toss the mussel shells back into the ocean with the chant: "Back from whence they came."

A few days later, I gleefully prep my own shellfish in a handmade yurt on a private island at Blue Rocks, near



Colourful Lunenburg; fresh-caught crustaceans (right)



Lunenburg. It's easy enough—pour some white wine on the mussels and cook them (on a propane stove) until they open. I devour them with bread and charcuterie, famished after an active day of kayaking. After lunch, I hop on a bike and cruise down quiet roads to tiny fishing communities, stopping every so often to skip rocks.

My summer day ends in a canoe for a quick paddle across calm waters to my yurt. I've paddled western lakes my whole life, but it's a little trickier on the Atlantic. I zigzag my way to the island where I promptly submerge some beer cans in the water to chill.

In the morning, breakfast is delivered via paddleboard by Katherine Marsters, owner of Lunenburg's The Point General. She neither zigs nor zags as she cruises from her tiny general store. The sumptuous breakfast basket includes coffee, croissants, boiled eggs with dill, a little jar of jam and a block of cheddar. Marsters actually made this yurt—complete with skylight—using birch and red maple from her parents' land in the Annapolis Valley, making it a true family affair.

My family's time in Nova Scotia ended generations ago, but this Prairie kid still feels at home here. **CAA**

What's your Health and Dental IQ?

Take the quiz and find out!

How much do you know about out-of-pocket health care costs in Canada? It's important, because the more you know, the better protected you can be. Take this 5-question quiz. Give yourself 10 points for every correct answer. Then tally your score at the end to determine your Health and Dental IQ!



Tally your score to determine your Health and Dental IQ.

Give yourself 10 points for each correct answer.

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

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



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

Underwritten by
The Manufacturers Life Insurance Company.

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Question 1:

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

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

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

Question 2:

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

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

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

Question 3:

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

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

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

Question 4:

What is the average life expectancy in Canada?

- a) 82 b) 91 c) 86

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

Question 5:

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

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

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

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With CAA Health & Dental Insurance, you can still pay 2019 rates!
 Just apply by June 30, 2020.



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Maritimes Fly & Coach

12
DAY TOUR

August 11 - 22, 2020

HIGHLIGHTS

- Welcome Dinner
- Hopewell Rocks
- St. Andrews By-The-Sea
- Whale Watching Tour
- Fort Louisbourg
- Lunenburg, UNESCO World Heritage Site
- Ministers Island / Magnetic Hill
- Confederation Bridge / Ferry Crossing
- Anne of Green Gables House
- Traditional PEI Lobster Dinner
- Cape Breton Miners' Museum
- The Cabot Trail
- Peggy's Cove
- Alexander Graham Bell Museum
- Maritime Museum & Grave Sites
- Tours of Halifax, Charlottetown & PEI & Saint John
- Farewell Dinner

Maritimes All Coach

25
DAY TOUR

September 13 - October 7, 2020

HIGHLIGHTS

- Traditional PEI Lobster Dinner
- The Cabot Trail
- Peggy's Cove
- Maritime Museum & Grave Sites
- Anne of Green Gables Cottage
- Alexander Graham Bell Museum
- Rideau Canal Cruise / Confederation Bridge
- Cannon Mountain Tramway
- Dinner at a Quebec Sugar Shack
- Voyage to the Falls Boat Tour to the base of Niagara Falls
- Magnetic Hill / Hopewell Rocks
- Reversing Falls
- Springhill Miners' Museum
- Tours of Montreal, Quebec City, Charlottetown & PEI, Halifax, Ottawa & Niagara Falls & Niagara on the Lake
- Farewell Dinner / Bavarian Style Chicken Dinner
- Wisconsin Dells Boat Tour



11
DAY TOUR

Newfoundland & Labrador Fly Tour

(Deer Lake to St. John's)

June 20 - 30, 2020

August 1 - 11, 2020

HIGHLIGHTS

- Gros Morne National Park
- Viking Dinner & Show / Anchors Aweigh Band
- Lobster Cove Head Lighthouse
- L'Anse aux Meadows National Historic Site
- The North Atlantic Aviation Museum
- Cape Bonavista Lighthouse
Provincial Historic Site
- Ryan Premises / Signal Hill National Historic Site
- Prime Berth Historic Fishing Village
- Witless Bay Ecological Reserve
Whale & Puffin Tour
- Cape Spear National Historic Site
- Silent Witness Memorial
- Three Dinners / All Breakfasts
- Screach In & Mug up

UNIQUE GETAWAYS



8
DAY TOUR

Quilters Delight

May 9 - 16, 2020

HIGHLIGHTS

All breakfasts included
 Redlin Art Center Tour (lunch included)
 Guided Tour of the Lauritzen Gardens
 Omaha's Botanical Center (lunch included)
 The Pony Express Museum Tour
 Trunk Show with Jenny Doan from the Missouri Star Quilt Company
 Meet and Greet with Jenny Doan after the Show
 Free Time to Explore Kansas City
 Guided Tour of the World-Famous Historic Village of Boys Town
 Farewell Dinner



6
DAY TOUR

Black Hills

July 5 - 10, 2020

HIGHLIGHTS

All Breakfasts & Dinners
 Chateau De Mores / Pitchfork Fondue
 Medora Musical / Mount Rushmore
 Fort Hays Chuckwagon Dinner & Show
 Tour of North Dakota Badlands
 Deadwood City Tour including Mount Moriah
 Tatanka / Crazy Horse Memorial
 Reptile Gardens / Bear Country
 Farewell Dinner



11
DAY TOUR

Spectacular North West Territories

July 29 - August 8, 2020



16
DAY TOUR

Amish Country Tour

May 11 - 26, 2020

HIGHLIGHTS

All Breakfasts / Welcome Dinner
 Wisconsin Dells Boat Tour
 Hershey Museum / Hershey Chocolate World
 Amish Farmland Tour
 Amish Wedding Feast Experience
 'Queen Esther' at Sight & Sounds Theatre
 Amish Experience 2 Day Tour including lunch
 The Warther Museum
 Lehman's Hardware Store
 Henry Ford Museum
 Bronner's Christmas Store
 Farewell Dinner



12
DAY TOUR

Haida Gwaii

June 15 - 26, 2020

HIGHLIGHTS

Ksan Historical Village & Museum
 North Pacific Cannery Village Museum
 Naikoon Provincial Park including Blow Hole, Agate Beach and North Beach
 The Balanced Rock
 Mount Robson
 Haida Heritage Centre / Old Massett
 2 lunches / Haida Feast - Skidegate
 Farewell Dinner

HIGHLIGHTS

All breakfasts, 4 lunches & 1 dinner
 Fallen Four Memorial / Mackenzie Highway Mile 0
 Crossing the 60th parallel
 Hay River, Yellowknife, Inuvik & Tuktoyaktuk town tours
 UNESCO World Heritage Site: Wood Buffalo National Park
 Northern Life Museum / Talk by local Elder
 Buffalo Airways City Tour / Arctic Ocean
 Flights from Yellowknife to Inuvik
 Flight and tour of Tuktoyaktuk



FAR AWAY



18
DAY TOUR

Croatia Jewel of the Adriatic

May 28 - June 14, 2020

HIGHLIGHTS

All Breakfasts, 7 Lunches, 6 Dinners
 Walking tour of Opatija, Rovinj, Zadar, Split, Trogir, Dubrovnik, Zagreb, Korcula & Hvar
 Pula Arena (Roman Coliseum)
 Plitvice Lakes National Park
 Excursion to Konavle Stone Mill & Lunch
 Dubrovnik Cable Car / Plavac Mali Wine Tasting
 Truffle Tasting / Bibich Winery Tasting
 Traditional Dalmatian Lunch
 Captain's Dinner / Farewell Dinner
 Seven Night Cruise on a Private Yacht
 Airfare Included



11
DAY TOUR

Iceland

July 18 - 28, 2020

HIGHLIGHTS

Complete Circle Tour of Iceland
 The Blue Lagoon / Glacier Lagoon Boat Tour
 Glaumbær Turf House Museum
 Whale Watching Boat Tour
 Godafoss Waterfall / Husavik / Dettifoss
 Skaftafell National Park / Pingvellir National Park
 Skogarfoss Waterfall / Golden Circle Tour
 Geysir geothermal area / Gullfoss Waterfall
 9 breakfasts, 3 lunches, 8 dinners
 Airfare Included

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- Constructed of 100% polycarbonate shells which are lightweight and impact resistant.



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Pink Rose

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Men's Lightweight Packaway Down Jacket

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Product Code: L-BG-METRO-17B

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Regular Price: \$145.00

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WEEKENDER

Neighbourhoods | Local Fun | Things To Do



POLE POSITION

Climb to new heights, see special sights and enjoy a few bites around the province

CLIP 'N CLIMB

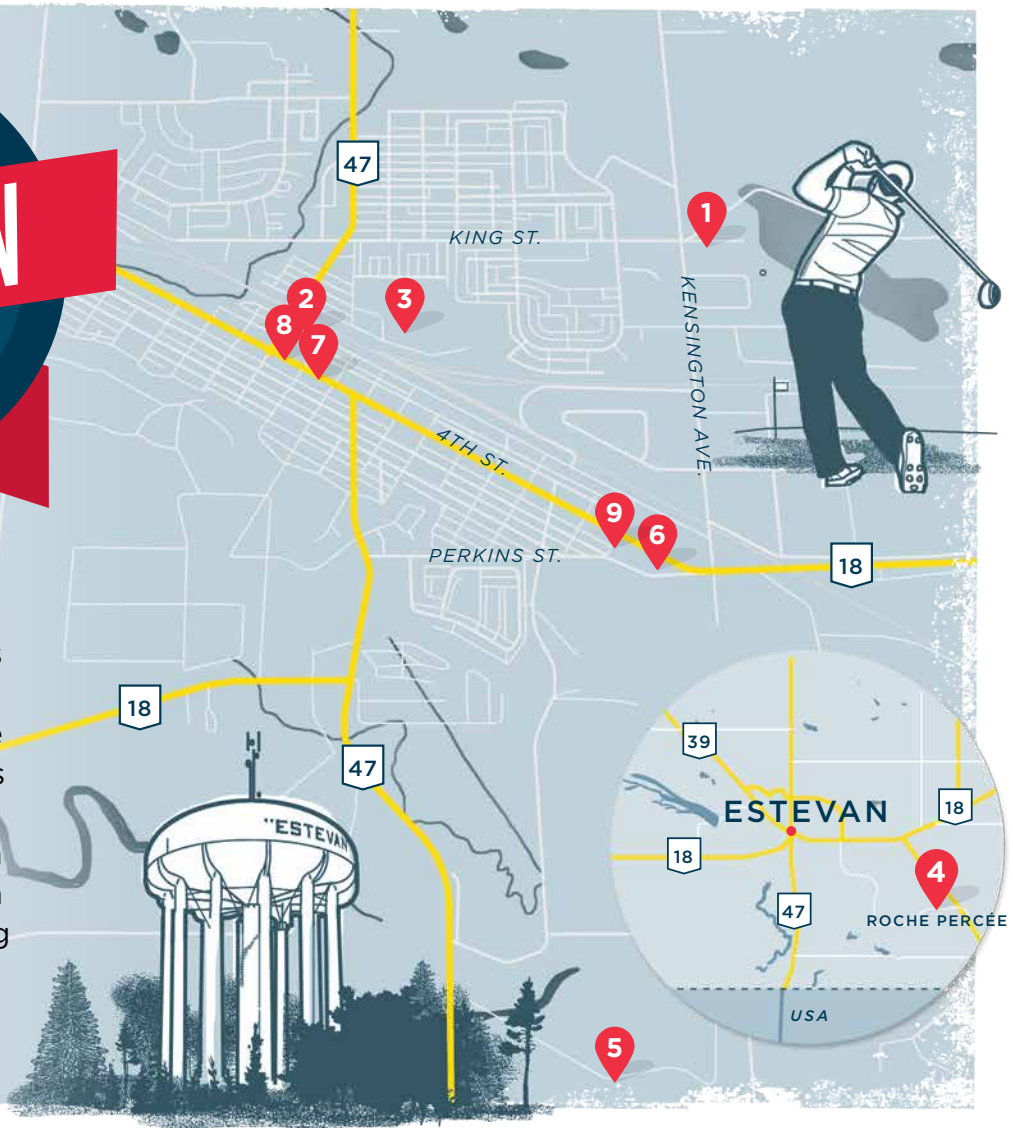
SASKATOON'S CLIP 'N CLIMB

LOCAL LOOK

ESTEVAN

BY NAOMI ZUREVINSKI

NESTLED IN THE south, Estevan is a charming city on the beautiful Souris River. Known as Canada's "Sunshine Capital," it averages 2,500 hours of sun per year, more than any other Canadian municipality, making spring the perfect season to visit.



OUT AND ABOUT



1 EAT
Local favourite **The Black Grasshopper** serves pub-style food in a cozy setting. Grab a quick bite from the \$10 weekday lunch menu, or visit on a weekend evening for live entertainment. 96 King St.



2 SHOP
Jenny Joans is a curated boutique where you can find everything you need to build a great outfit: dresses, jackets and a stellar collection of shoes! You'll also find size-inclusive styles. 1225 4th St.



3 TOUR
Book an **Appetizing Estevan** culinary tour through the Visitor Information Centre to experience three area restaurants in one evening. As a bonus, your ticket also includes limo service. 701 Souris Ave.



4 HIKE
A short drive from Estevan lies **La Roche Percée**, a provincial historic site with unusual sandstone formations. Starting in May, the Souris Valley Museum offers guided tours of the area too. Village of Roche Percée

ILLUSTRATIONS: JASON SCHNEIDER; ROCKS: KEN DALGARNO



KEY OF EXCELLENCE

Musician Jeff D. Michel has hung his guitar in Estevan for 46 years. His band, Hook & Nail, has even incorporated local lore into songs. “Locomotive Johnny” tells the story of Michel’s grandfather, who drove a locomotive for the city’s coal mine.

What makes Estevan worthy of a visit in springtime?

Our two golf courses start opening up: TS&M Woodlawn Golf Club and Hidden Valley Golf. And there are lots of walking and bike paths around the city too. But I think the best thing

about Estevan is that everybody cares about the community. It’s a really giving community and a great place for families and kids.

Where can you catch local music?

A number of venues host regular live music

gigs: Art Concepts is a gallery that converts to a performance venue; The Black Grasshopper and Gibby’s Pub both bring in acts for special events—and Gibby’s has karaoke on weekends. But get there early because it’s always packed.

Any special events that people should check out this year?

In early May, there’s our Savour the Southeast. It’s a food, wine, beer and music festival. Vendors come from all over Saskatchewan and it’s a great opportunity to sample a bunch of different tasty local things all in one place.

UP ON 4TH

Estevan’s 4th Street is lined with shops, eateries and activities



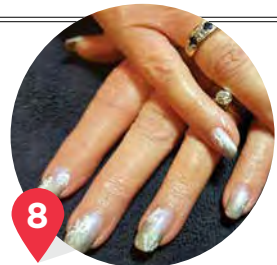
6

With a permanent collection and rotating exhibits, there’s tons to see at the **Estevan Art Gallery and Museum**. Look for programming and events like trivia and hands-on art classes for kids.



7

Consistently voted Estevan’s best spot for pizza, **Tower Café** is a family-style restaurant with downhome cooking. Gourmet pies include the Smokey Bacon Lover and Triple Cheeseburger.



8

Relax at **Rustixx Salon & Spa** with a facial, body treatment or a classic spa mani-pedi. If you’re in the area for an event, it’s the perfect spot for getting glammed up.



9

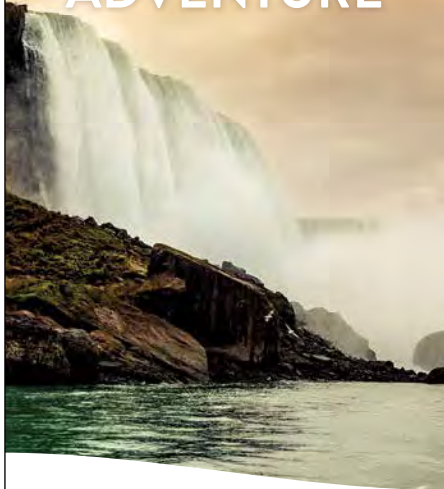
At **Eddie Websters Kitchen & Bar**, a unique cocktail list is complemented by an extensive food menu, making it *the* spot for dinner and drinks. Try the Thai noodle bowl followed by cherry whisky cheesecake for dessert! **CAA**

5

Tee up at TS&M Woodlawn



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ON THE ROAD

GET FIT AND CHILL OUT

Fun ways to get your adrenaline pumping or find your Zen across Saskatchewan

BY KELLIE DAVENPORT



CLIP 'N CLIMB

OFF THE WALL

WINTER GOT YOU CLIMBING the walls? Head to Saskatoon's **Clip 'n Climb** to literally climb a wall. "It's a fun workout that's very accessible—you

don't have to be an athlete," says co-owner Stephanie Cory, who runs the facility with her husband, Aron. Climbing is also a family-friendly activity that encourages kids to get moving. "If kids see their parents being active and having fun doing it, they'll copy them. It teaches good habits for a healthy lifestyle," Cory adds. Clip 'n Climb offers 24 walls

and other challenges suited to newbie climbers and pros alike. Auto belay makes it extra safe too: Climb as fast and as high as you'd like, then let go of the wall to be lowered for a soft landing. Children like tackling the Big Cheese, a cartoon-like monstrosity, while grownups gravitate to the Leap of Faith, a scream-inducing jump off a six-metre-high platform.

PINCH OF SALT



When you need an invigorating pick-me-up, book a glacier salt body polish at **Sahara Spa** in Moose Jaw. Exfoliating ingredients from the glacial waters of northern Canada and Alaska buff your skin, while a soothing massage restores tired muscles. »

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MOVE IT! MOVE IT!

Ski, skate or cycle your way through the season

Glide past snow-covered trees as you skate on frozen **Greig Lake**. Stay at Water's Edge Eco Park, where you can also ski and snowshoe.

During the **SASK 60 Winter Ultra** in lovely Missinipe, outdoor enthusiasts can skate, ski or fat bike on 15-, 45- or 60-km trails. *Feb. 29*

Strap on your skis to trek through Lac La Ronge Provincial Park during the 37th annual **Don Allen Saskaloppet**. *March 6 & 7*

THE GREAT OUTDOORS

Active diversions to fully embrace the waning weeks of winter



Reconnect with nature at **Aski Holistic Adventures**, based out of Big Eddy Lodge. Cree-Métis guide Michela Carrière helps you embrace winter with hikes, snowshoeing and camping within the Cumberland House Delta. The certified horticulturalist and herbalist also shares tips about healing plants and other ecotherapies.



Deer, moose and other ungulates shed their antlers once a year. Go on a guided "shed trip" with **Horn Hunter Adventures** to track down a set, perfect for decorative displays in your home. Guides scout big-game bedding and feeding grounds near Yorkton to help you find discarded moose, whitetail deer and elk antlers. Book during prime shedding season, from late March to early May. **CAA**

How to give a good neck and shoulder massage.

- 1 Invite recipient to sit in a chair backwards, with arms folded on back of chair.  Sit here... 
- 2 Start at the sides of the neck, just below the hairline. Use your ring, middle and index fingers to apply firm but gentle pressure. 
- 3 Move in small circles working your way down the shoulders and back up again.  Ahh nice!
- 4 Press your palms on both shoulders and gently push up the skin on neck using your thumbs. Repeat a couple of times.  comfy!
- 5 If you feel a knot use your thumb to firmly knead the tense area working in a circular motion. 
- 6 Keep kneading towards the spine. Use the heel of your palm to apply broader pressure over the spine. 
- 7 A good massage can take as little as five minutes. Flip positions so you get one too! 

LAST LOOK

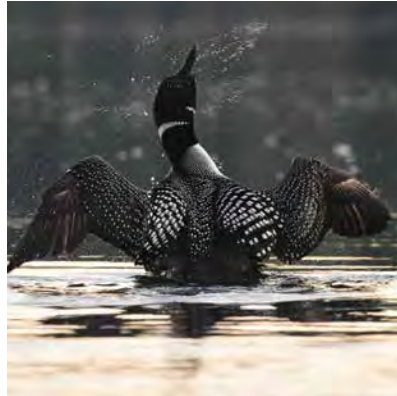
TOP PICS

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

The first-place images of 2019's Saskatchewan Amateur Photography Contest. To see runner-up photos, visit saskam.ca



Landscape: Cheryl Lalonde



Birds: Lonnie Penner



Youth, under 14: Cassandra Christensen



Black and white: Romel Bermudo



People: Greg Hicks



Close-up: Colleen Edwards



Youth, under 18: Mitchell Langlois



Plants: Karen Thompson



Animals: John Siller



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