

# CAA

SASKATCHEWAN MAGAZINE



WINTER 2020



SNOW SHOVELLING 101  
CANNABIS AND DRIVING  
STYLISH GIFT PICKS  
WINTER DRIVING TIPS



UP <sup>IN THE</sup> AIR

WINTER IN  
SASKATCHEWAN



# SMOKE SIGNALS

jackpots are still  
the same.

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GameSense



CASINOS







15

# CONTENTS

Winter 2020

## ON THE COVER

Catching some  
crisp prairie  
air while  
kiteboarding  
near Lumsden



## DEPARTMENTS

- 4 CHAIR'S MESSAGE**  
Think local

### CAA INSIDER

- 7 CLUB NEWS**  
Safety first
- 10 MEMBER SPOTLIGHT**  
A trusted friend
- 11 IN YOUR CORNER**  
Cannabis and driving

### THE GUIDE

- 15 REWARDS ROUNDUP**  
Gifts for all
- 19 TRAVEL INTEL**  
Best of Saskatchewan
- 20 TAKE 5**  
Happy New Year!
- 22 DRIVE**  
Winter driving tips
- 23 INSURANCE IQ**  
Air ambulance 101



24

35

## FEATURES

### 24 THE MAGIC OF MUNICH

A revealing look at the  
Bavarian capital

### 30 COLD COMFORT

A once-in-a-lifetime trip  
to Antarctica

### 35 HOW TO SURVIVE WINTER

Stay safe, have fun

30



46

### WEEKENDER

- 42 LOCAL LOOK**  
Meadow Lake
- 44 ON THE ROAD**  
Snap happy
- 46 THE LAST WORD**  
How to shovel snow



# MY WINTER DESTINATION: SASKATCHEWAN!

**THOUGH MANY OF US YEARN** to escape to warmer climates this winter, we might have to stay closer to home. During the pandemic, we know it's for the best to keep everyone safe. While we fondly daydream about past travel memories, we can also start planning our next dream vacation.

My local CAA Travel Consultant helps with my travel plans—no matter when or where I want to go with my family. I invite all our members to travel with someone you trust. Take advantage of the experience and knowledge of our travel consultants. They're always ready to help and are just a phone call or email away.

This issue, we decided to highlight everything our province has to offer. Discover some hidden gems around Saskatchewan on page 19. And get insider tips from our travelling Saskatchewan wanderers about must-see sights, sounds and experiences across the province.

Like many other Saskatchewanians, I'm an avid camper. One of my favourite spots is Cypress Hills, a true local gem. Sure, it's a wonderful summer destination, but during winter, it comes alive with cross-country skiing, snowmobiling, snowshoeing, hiking and even outdoor camping.

Many Saskatchewan destinations offer awesome winter activities. Do a

little research to see which areas offer winter adventures. Depending on how much snow Mother Nature throws at us, you can have fun in your own backyard: Build a snow person, erect a fort or have a friendly game of snow tag.

When you're out and about this winter, don't forget about CAA Rewards partners. You can save on dining, accommodation and other road trip experiences. Of course, your CAA membership card will also come in very handy if you need to call for roadside assistance!

Every winter, I remind myself to take care of my car before leaving home and always drive to conditions. For a refresher about winter driving, turn to page 36. Adjusting driving behaviour goes hand in hand with the changing seasons in Saskatchewan.

The value of my CAA membership certainly helps, no matter where I roam. But we should all remember: There's no place like home!

Take care. Stay safe.

**Pat Friesen**  
Chair, CAA Saskatchewan  
Board of Directors

# CAA

SASKATCHEWAN MAGAZINE

WINTER 2020  
Volume 46, Number 4

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Subscription rates: Canada \$14.95 per year, plus applicable taxes; outside Canada \$20.95 per year, no tax. Rates quoted are for non-members only. Publications Mail Product Sales Agreement #42494512.

CAA Saskatchewan Magazine is published four times per year by St. Joseph Media Inc., 111 Queen St. E., Suite 320, Toronto, ON M5C 1S2, on behalf of CAA Saskatchewan.

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Printed in Canada by St. Joseph Printing.



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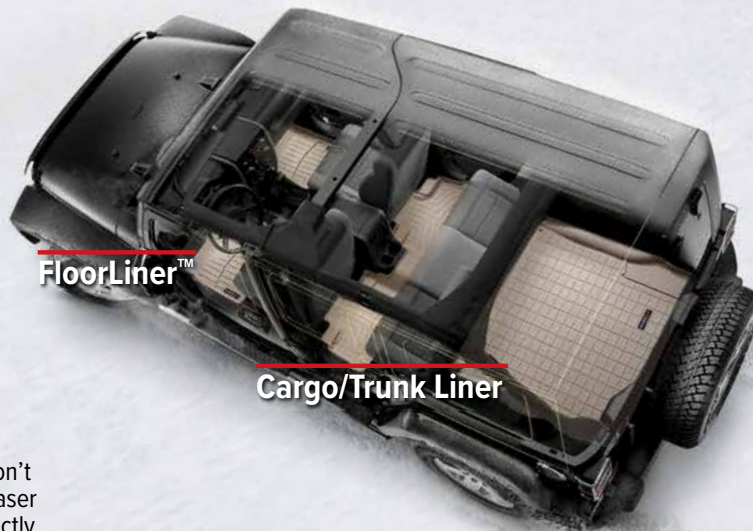


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# CAA INSIDER

*Club News | Member Perks | Family Fun*

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## MOBILE MEMBERSHIP

### 3 WAYS TO USE THE NEW CAA APP

**WITH THE UPGRADED CAA APP**, your membership is always just a tap away. Download it today and take CAA with you wherever you go: **caask.ca/app**. Here are a few of the ways you can use it to stay safe, save, shop and more.

**1 Your Membership:** Never be without your membership. Add your card to Apple Wallet or Google Pay so your membership card is always in your pocket.

**2 Roadside Assistance:** Travel with confidence knowing CAA is just a tap away. Rather than waiting on hold, place your call through the app and receive text status updates.

**3 CAA Rewards:** Access personalized offers and discounts at hundreds of online partners, while earning CAA Dollars. With these savings your membership can pay for itself!

CAA scholarship  
recipient Jenna Meili



#### CAA SCHOLARSHIPS

## HEAD OF THE CLASS

CAA Saskatchewan's scholarship program awards entrance scholarships to graduating high school students. These high

achievers must be attending the University of Saskatchewan, University of Regina or Saskatchewan Polytechnic.

"I'm studying business with hopes of pursuing my dream to become a lawyer," says scholarship recipient and U of R student Jenna Meili. "The CAA scholarship

has helped me focus on doing the best that I can in class. The generosity of CAA has inspired me to one day help other students achieve their goals, just as the organization helped me."

Annual scholarships of \$2,500 are available at the University of Regina and University of Saskatchewan. To qualify, applicants must be a CAA Saskatchewan member or the child of a member, and be a Saskatchewan resident.

Total CAA Scholarships for students entering Saskatchewan Polytechnic amount to \$3,750, and include the Automotive Service Technician Program offered in Saskatoon (\$1,250) and Moose Jaw (\$1,250), plus the Auto Body Technician Certificate Program (\$1,250) offered in Regina. Scholarships at Saskatchewan Polytechnic are available to both CAA Saskatchewan members and non-members.

To learn more about the program and apply, visit [caask.ca/caa-scholarship-program](https://caask.ca/caa-scholarship-program).



#### ADVOCACY & SAFETY

## IN SAFE HANDS

The ongoing pandemic forced CAA to shelve some of our favourite initiatives, including the Worst Roads campaign, School Safety Patrol Jamborees and CarFit clinics. We look forward to offering these events in 2021! In the meantime, we've been focusing our efforts on school zone and road safety.

For 30 years, we've hosted annual CAA School Safety Patrol Jamborees to thank our student patrollers. This year, we provided **CAA School Safety Patrol** caps to all patrollers who took part in the 2019/2020 school year. Hats off to our dedicated patrollers!

In June and July, CAA Saskatchewan promoted **bike safety** via Facebook, Twitter and Instagram, on which we hosted a bike safety quiz and contest. And in August, we partnered with Saskatchewan in *motion* for a **pedestrian safety** contest.

September marked a new school year for thousands of young Saskatchewanians. CAA cautioned motorists to be alert, watch for excited students and drive according to posted speed limits in **school zones**. We also reminded students to practice safe pedestrian behaviours.



#### WESTWORLD TOURS

## ALWAYS IN IT TOGETHER

In March 2020, COVID-19 turned the travel world upside down. Since then, tour operators have worked with travellers to cancel trips and make future plans in an ever-changing environment. Though some companies offered credits, WestWorld Tours customers got their money back.

"We've been around for 20 years and we always try to do the right thing," says Dean Smith, vice-president of WestWorld Tours. Owned by CAA Saskatchewan, the operator is one of Canada's premier tour companies and a CAA Rewards partner. When you book a 2021 tour, rest easy knowing WestWorld Tours always has your back. CAA members also earn 25 CAA Dollars when booking tours. Start planning your next getaway at [westworldtours.com](https://westworldtours.com).





The Sheepdogs (left),  
Jess Moskaluke (above)

#### COMMUNITY SUPPORT

## THE BAND PLAYED ON

Featuring great Canadian artists, KrugoFest rooftop concert series benefitted the Regina Food Bank—raising enough funds for 45,000 meals. During the socially distanced event in August, guests of the DoubleTree by Hilton Hotel could watch from their rooms. There was also a private balcony overlooking

the rooftop stage. Entertainers included Saskatchewan's own Jess Moskaluke and The Sheepdogs, along with Alberta's Corb Lund. "Krugofest helped us feed record numbers of families in the province," says David Froh, Regina Food Bank's vice-president of community. As a longtime food bank partner and event sponsor, CAA went the extra mile by offering its Regina fleet to deliver food hampers. As CAA Saskatchewan president and CEO Fred Titanich puts it: "It's all about families helping families."

#### SASKATCHEWAN SENIORS

## AGING GRACEFULLY



Though the pandemic caused cancellations across Saskatchewan, some shows did go on, which CAA was pleased to sponsor. Held in

September, the Saskatchewan Seniors Mechanism Virtual Conference on Positive Aging featured guest speakers. CAA teamed up with SSOT (Sask. Society of Occupational Therapists) for a presentation on CarFit to help seniors stay safe behind the wheel. [skseniorsmechanism.ca](http://skseniorsmechanism.ca)

## FIVE GREAT LAKES ONE GRAND ADVENTURE



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## MOVE OVER



**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 AND MOVE OVER.**

We can all do our part to make the roadside a safe place to work.

[caask.ca/safety](http://caask.ca/safety)





## LIKE A TRUSTED FRIEND

*A longtime CAA member trusts CAA for help,  
on and off the road*

BY LONA GERVAIS

**GWEN KEITH**, a valued CAA Saskatchewan member, uses her CAA membership as part of her daily life. Here, she shares some tips to help you get the most out of your membership too!

### **What does membership mean to you?**

CAA has been a part of my work and

family life for nearly 30 years. Like a faithful friend, it's been with me during all my travels, road trips and even on my daily commute. But I've also learned CAA is much more than just roadside assistance. It's a trusted brand that helps keep you safe and takes care of you—especially during challenging life circumstances.

### **How has CAA Roadside Assistance helped you?**

I do a daily work commute from Regina to Weyburn and CAA Roadside Assistance has been there for me on those long drives. But it's also helped my kids: My adult children say it's like having a rent-a-dad come rescue them if they get a flat tire, breakdown or run out of gas. Having the peace of mind that CAA is there to help—at a moment's notice—is priceless.

### **What about travel?**

I booked vacations at several CAA Stores. The travel consultants are very knowledgeable, detail-oriented and pay close attention to my travel needs. In 2019, I went on a Disney cruise with family and it was fabulous! Our travel consultant looked after all the details. On another trip, my consultant gave me maps and a personalized trip planner through TripTiks. I've also used CAA's comprehensive tour books featuring CAA recommendations for things to see, do and eat.

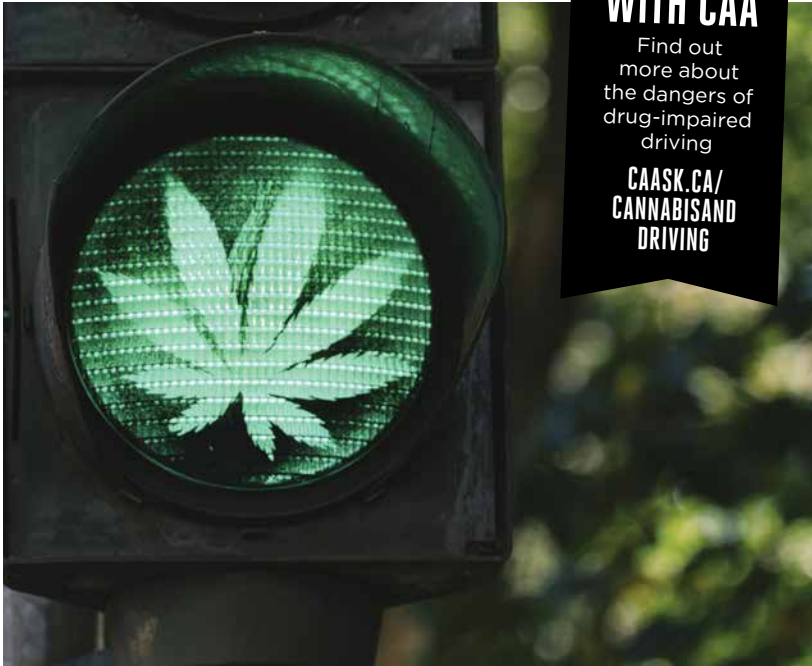
### **Do you use CAA Rewards or any other benefits?**

I always show my CAA membership card at participating retailers, hotel chains and restaurants. And I keep an eye out for new partners at [portal.caarewards.ca/caask](http://portal.caarewards.ca/caask). A lesser-known benefit: notary publics. I was able to access one at a CAA Store for some legal documents. And, when I booked my trips, staff at my local CAA Store even asked if my passport was up-to-date, as passport photos can be taken at the stores. While you're there, you can also stock up on great luggage for your next trip.

### **Is your CAA membership valuable to you?**

What really sets CAA apart is the human element. The staff have treated me so well—showing me a wonderful *presence*: incredible service, attention to detail and overall thoughtfulness. I truly believe CAA cares! CAA



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CANNABIS AND  
DRIVING

## DON'T DRIVE HIGH

*A look at cannabis use and impaired driving two years after legalization*

BY ROBIN SCHROFFEL

**CANNABIS MAY BE LEGAL** in Canada, but make no mistake: Driving under its influence is dangerous.

Although it's been two years since Canada legalized cannabis for recreational use, CAA's vice-president of public affairs, Ian Jack, says Canadians still have deep misconceptions about cannabis and driving. A 2018 CAA poll found 86 percent of young Canadians aged 18 to 34 said they wouldn't drive home after drinking, but 66 percent *would* drive home after using cannabis.

It's certainly cause for concern, given that cannabis is the second-most commonly detected substance in impaired-driving accidents.

**The dangers of driving high**

Driving under the influence of cannabis is drug-impaired driving. Under Canada's *Criminal Code*, driving any motorized vehicle on public or private property after cannabis use is illegal—whether it's a car on a highway or an ATV in your own backyard.

Even a small amount increases the likelihood of a crash. Research by McGill University, funded by CAA, found cannabis slows down reaction time, reduces concentration, impacts ability to stay in a lane, and affects the accuracy of decision-making behind the wheel. The study also found young drivers were at risk of a collision even five hours after inhaling cannabis.

**The impact of edibles**

Jack's current concern is cannabis edibles—consumable products infused with cannabis.

When smoked or inhaled, cannabis takes effect quickly. In contrast, edibles can take hours to kick in, and early research shows they impact individuals very differently. "Some people have a brownie and they're on the floor," Jack explains. "For other people, there's barely a buzz."

But many Canadians aren't aware of these key differences. "Our concern is that someone who does consume an edible, doesn't feel anything, then decides to go pick up their groceries and becomes impaired on the road," he adds.

**Responsible cannabis use**

So how long should you wait to drive after using cannabis? Unfortunately, there's no clear-cut answer yet.

The effects of cannabis vary depending on the method of consumption, the quantity consumed, the variety of cannabis used, and the reaction of the person using it. So more research is needed before there's definitive guidance on safe use.

Though studies are now underway, the onus is on individuals to use cannabis responsibly. CAA recommends avoiding driving after using cannabis entirely. Instead, plan ahead: Arrange a designated driver, call a taxi/rideshare, or spend the night somewhere.

CAA Saskatchewan and CAA Clubs across the country are doing their part in educating drivers on the dangers of driving after consuming cannabis. This fall, CAA launched a national public education campaign encouraging young drivers to avoid driving after consuming cannabis.

Simply put, Jack says, "Do anything but drive." CAA

## A BAD WEED

*The lowdown on driving high in Saskatchewan***CANNABIS USE**

In the last quarter of 2019, 14.4% of Saskatchewanians aged 15+ had used cannabis in the past three months.

**ZERO TOLERANCE**

Saskatchewan has a zero-tolerance policy for drug-impaired driving, which means no cannabis in your system, period.

**PENALTIES**

Vehicle impoundment; min. \$1,250 fine and licence suspension; mandatory impaired-driving education.



Rewards



# Ancestry Reveals Lives Well-Lived

Uncovering common threads to connect with centuries-old ancestors

By Kellie Davenport

As a child, I loved sitting around the kitchen table with my grandparents, listening to stories about Aunt Bea, a kindly lady who adopted wayward teens, or Uncle Dit, the scrappy hockey player who missed out on Original Six stardom due to his off-ice, Prohibition-era shenanigans. When my grandparents passed, I feared such colourful characters would be lost to history. That's when I turned to Ancestry®.

It doesn't take long to see that Ancestry is more than DNA testing. On **ancestry.ca**, Ancestry Hints® point me to birth and census records, marriage certificates, photos and more—using just names and dates. Within a few days, I'm able to build several branches of my family tree going back six generations.

In my mother's line, Ancestry's baptism records lead me to Mary Hurl, my three-times great-grandmother. Her baptism certificate shows she was born in 1821 in Trowbridge, England. Further research reveals Trowbridge was a bustling 19th-century market town with a booming woolen-cloth industry.

Reading a Canadian census record, I see Mary's younger sister was born in Ontario, indicating Mary journeyed to Canada as a child. Though I can't

be certain, her family may have been industrial wool workers yearning for greater prosperity in a new land. On Ancestry, I find a photo of a serene-looking Mary as an old woman; I'm delighted to see my own nose on her friendly face.

Research into my dad's side also takes me to across the pond. On Ancestry, I see several generations of ancestors noted as Scottish on Canadian census records, like the one above from 1871. They're also listed as farmers by trade—meaning they would've tilled the land on behalf of their laird in the Scottish Highlands.

Like other families, my ancestors were evicted during the 18th-century Highland Clearances and made their way south to Glasgow. Marriage certificates show many ancestors, including my three-times great-grandparents, living in the city until they came to Canada in the 1840s. (The land they settled here remains in my family to this day.)

Nearly two centuries later, during a family trip to Glasgow, my father and I stood on a ruined dock along the River Clyde—the waterway from which our ancestors departed Scotland. It's a full-circle moment I couldn't have had without Ancestry. 🍀

## Journey to the Past

Tips for building your family tree on **ancestry.ca**



### Connect with your living relatives

Find and share information with other people researching the same ancestors—whether they're DNA matches or owners of trees you've connected to. You never know what family knowledge your distant cousins may have inherited!



### Easily expand your searches

Have records from your attic, other websites or repositories? Add them to the gallery of your tree to keep details about your ancestors in one place. But be sure to label each record with its origin so you remember where you got it.

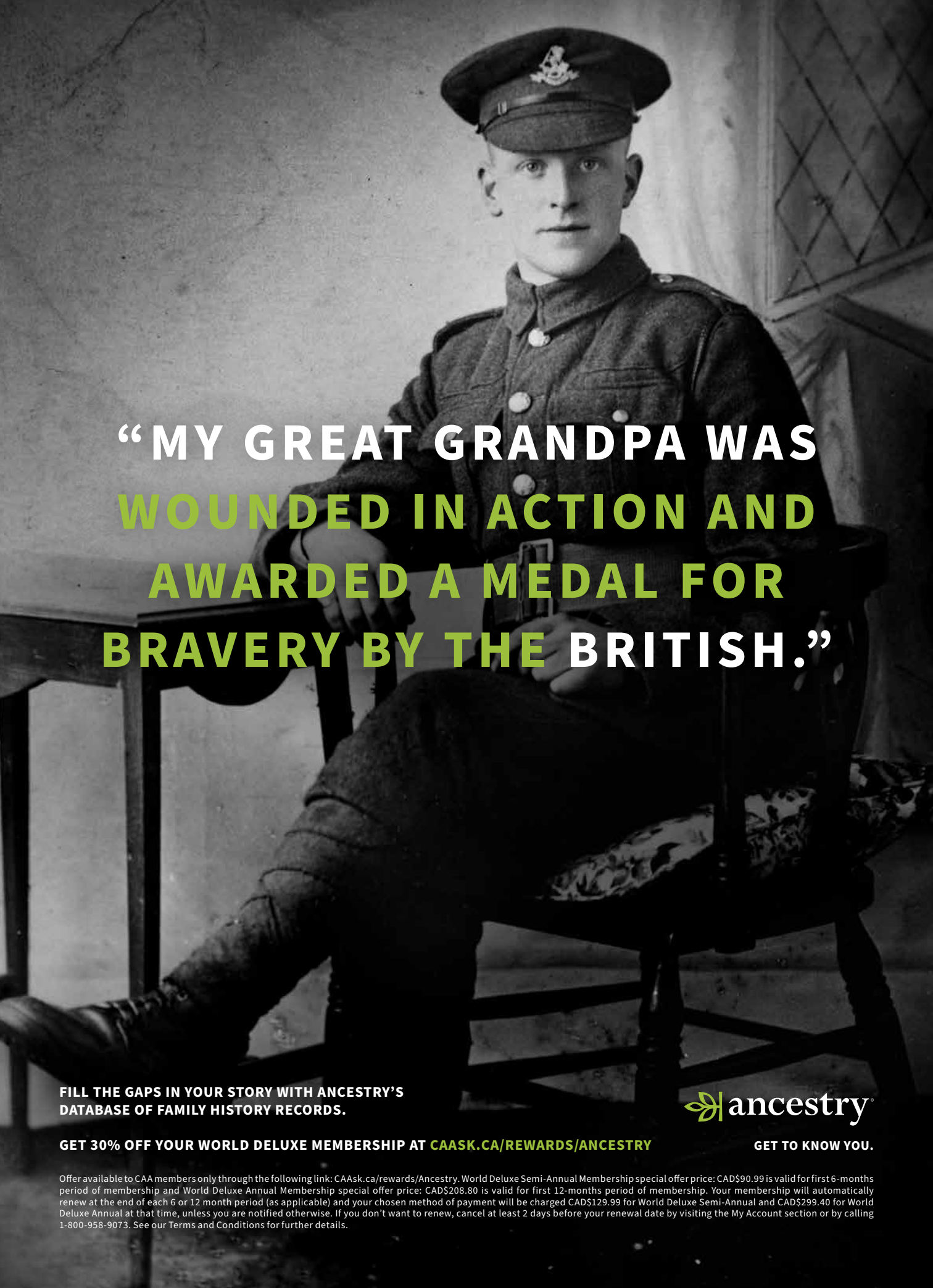


### Quickly decipher documents

While 18th-century handwriting is beautiful, it's tricky to read with 21st-century eyes. Ancestry's expert genealogists have done the hard work by indexing many documents on the site. When viewing handwritten records, click the icons to reveal names of people on the document, as well as other info such as birthdate and location, marriage year and burial details. But you should still click through to the original record, which may contain more info than the index can capture.

\*Offer available only to CAA members at [caask.ca/rewards/ancestry](https://caask.ca/rewards/ancestry). Membership will automatically renew at the end of each membership period, unless you cancel at least 2 days before renewal date by visiting My Account or calling 1-800-958-9073. See Terms and Conditions for complete details.





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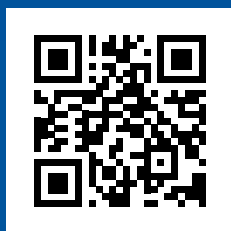
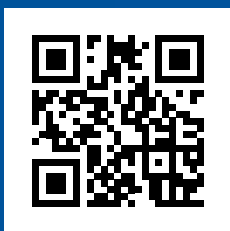
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# THE GUIDE

*Rewards | Travel | Auto | Lifestyle*

# GIFT GUIDE



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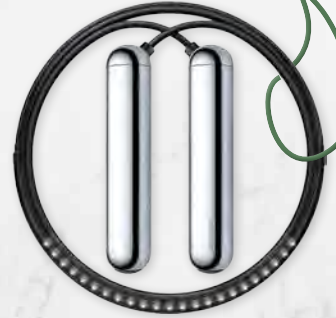
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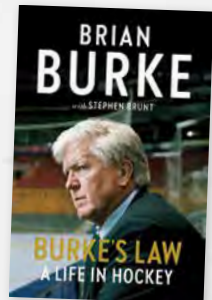
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# SASKATCHEWAN SECRETS

*Local insiders share the best off-the-beaten-path spots to see now*

BY KAREN KWAN



**DURING THESE CHALLENGING TIMES**, it's fair to say we're all going a little stir-crazy. But there's plenty to explore close to home. We checked in with some past and current Saskatchewanderers and tourism insiders to get their top tips for things to see, do and taste across the province. Every year, a new Saskatchewanderer explores and documents this big, beautiful place we call home. The program, sponsored by CAA Saskatchewan, has been inspiring local wanderlust for 10 years and counting! Check out these hidden gems for an unforgettable day trip.

**LEAH MERTZ**  
CURRENT  
SASKATCHEWANDERER

"I absolutely love visiting the quaint town of Rosthern. You can spend the day walking around with a coffee in hand from Good Habits Café or take in some of the local attractions like the Station Arts Centre—a converted train station that hosts gallery shows, plays, performances and more. They also have a tea room where you can order delicious treats and buy Saskatchewan-made items."

**KEVIN DUNN**  
2018  
SASKATCHEWANDERER

"Backcountry camping at Saskatchewan Provincial Parks and National Parks is unlike any other form of camping. The Gem Lakes Trail in Narrow Hills Provincial Park is my absolute favourite. Calm lakes and the beautiful landscape, featuring some of the bluest and clearest waters, are definitely worth the hike in, as is Wolf Bay campsite at Meadow Lake Provincial Park. It has a million-dollar view looking out towards Lac des Îles."

**ANDREW HILTZ**  
2017  
SASKATCHEWANDERER

"Grasslands National Park is pretty well-known, but not many people venture to the east block of the park. It's a relatively new addition and, if you walk about 5 km southwest from the visitor centre, the lookout is epic: valleys filled with hoodoos, big grassy hills, pastures, no designated trails. It's so quiet and breathtaking and totally different than anything else you'll find in Saskatchewan."

**ASHLYN GEORGE**  
2015  
SASKATCHEWANDERER

"I love the sheer variety of roadside attractions found in small towns across the province. In fact, I'll road trip out of my way just to see one. The latest one I've discovered—and stopped at in both winter and summer—is the adorable Dr. Seuss-style house on the south side of Highway 5 in Englefeld. It's cute, whimsical and makes for the perfect, Instagram-worthy photo op."

**JONATHAN POTTS**  
TOURISM  
SASKATCHEWAN

"Paddle the Churchill River system, which is primarily in the Boreal Shield and can be accessed from a number of different places. The Churchill itself is very popular, but you can get out and do any number of remarkable paddling journeys, from lakes to various classes of rapids—all with spectacular wildlife and scenery. It's a place that most Saskatchewanians know about, but don't go to." **CAA**

# HAVE AN EPIC NEW YEAR'S

*There's no denying it: 2020 has been challenging. Welcome a fresh new year in one of these unique locales in Canada and beyond*

BY KELLIE DAVENPORT



1

## SING "AULD LANG SYNE" WITH SANTA

Even after St. Nick has made his rounds, the North Pole is well worth a visit. While North Pole, Alaska isn't the state's northernmost city, it is the most festive. The holiday-themed town is a wonderland any time of year, but it's particularly special in winter. Wander around the town park to see ice sculptures, zip down frozen slides or visit the big man himself at Santa Claus House. As midnight approaches, head to St. Nicholas Drive to count down to 2021 with Santa.

2

## CHASE THE NORTHERN LIGHTS

For a New Year's light show on a truly grand scale, head to Churchill, Man. The remote town is located in the Auroral Oval, meaning it's one of the best places on the planet to see the aurora borealis. The northern lights can be seen in the Churchill area up to 300 nights a



year. Though you likely won't see polar bears (they usually migrate out by

early December), you will encounter loads of local hospitality.



3

**CAPTURE THE NIGHT SKY**

In Haida Gwaii, clear winter nights mean inky skies dotted with a sea of sparkling stars. The celestial bodies are a photographer's dream and offer an out-of-this-world way to ring in the New Year. With minimal light interference around Sandspit, on the northeastern tip of Moresby Island, you can spot the Milky Way (*Taay.yan.nuhl* in the Haida language), Big Dipper and even the flashing green tails of the northern lights. Pan your camera over the ocean to catch the moon rising and shimmering across the calm waters.



5

**CURL UP BY THE FIRE**

For Icelanders, bonfires are as much a part of NYE as noisemakers and fireworks. Every community builds a massive fire, around which friends, families and neighbours reflect on the past and spread well wishes for the coming year. The fires usually wrap up before midnight—leaving you free to rev things up at one of Reykjavik's raucous nightclubs. Dancing kicks off at midnight and goes until the wee hours of January 1. **CAA**



4

**PARTY LIKE IT'S THE MIDDLE AGES**

On December 31, the old stone walls of Dubrovnik really rock out. Locals flood the Stradun, the Old City's historic main street, to take in hours of live entertainment. The party kicks off in the morning with a kids' stage and

family activities. Later in the day, join the evening revelry to hear all genres of music, from traditional Croatian singers to trendy pop acts and DJs. At midnight, fireworks light up the sky above the medieval walls.

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# SLIPPING AND HANDLING

*Brush up on some winter driving tips to manage the road ahead*

BY KELLY TAYLOR

LEARN  
MORE

For more smart strategies and winter driving tips, visit

[CAASK.CA/SAFETY](http://CAASK.CA/SAFETY)



**MOTOR VEHICLE INSURANCE CLAIMS** can spike as much as 35 percent between December and the end of February. The reason for such a slippery slope? Poor driving conditions and motorists failing to drive to those conditions. But there are strategies drivers can employ to avoid becoming a statistic. Here, Scott McIntyre, CAA Saskatchewan's vice-president of automotive services, shares some expert tips for navigating winter roads.

## DRIVE TO CONDITIONS

"The speed limit is set for *ideal* road conditions," McIntyre says, meaning police can actually ticket you for driving the speed limit in bad conditions. "If that means doing 80km/h in a 100 km/h zone, so be it." Be smart and slow down, but don't overdo it. "There's a fine line between driving to conditions and being overly cautious," he notes.

## GET WINTER TIRES

There is plenty of evidence proving all-season tires just don't cut it for winter. CAA recommends installing four winter tires, which stay pliable to -40 C and have tread patterns that grip ice and bite into snow. Tires marked with mountain and snowflake symbols meet specific traction requirements and are designed for severe conditions.

## STAY FOCUSED

Be alert and keep your eyes up, looking far down the road. "You'll identify problems—snow drifts, stalled vehicles, icy patches—before they become emergencies," McIntyre says. Your eyes will also tell you very early if you're starting to slide. Knowing this as soon as possible helps you correct a slide before it becomes unmanageable.

## FIX A SKID

Knowing how to fix a skid is key to safe winter driving. In any skid, look and steer where you want to go. In a front-wheel skid, when you aren't turning as much as you'd like, gently lift off the gas. In a rear-wheel skid, don't lift the gas and "steer where you want to go," McIntyre adds. Lay off the brakes and slow down after you regain control.

## STAY WITH YOUR CAR

If you go off the road and get stuck, don't leave your vehicle, McIntyre advises. First, call CAA for roadside assistance at 1-800-222-4357, request online or via the CAA Mobile App. Then stay inside, running the vehicle intermittently to stay warm and conserve fuel. Only get out of your vehicle to clear snow from your exhaust pipe. Hold tight: Help is on the way! **CAA**



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## UP IN THE AIR

*Protect yourself from ambulance expenses when travelling within Canada*

BY BONNIE STARING

**THE WHOOP-WHOOP-WHOOP** of the helicopter makes it difficult to hear the paramedic. Your spouse is lying on a stretcher, his leg badly broken. He fell while hiking in Fundy National Park, and now he's being airlifted to Moncton, N.B.

Thankfully, he's going to be fine. All you can think is how lucky you are to have been travelling in Canada instead of the United States.

That is until a few weeks later, when a bill for \$6,500 arrives in your mailbox.

### A costly assumption

"We expect everything to be covered while travelling in Canada," says CAA Saskatchewan's Terry MacDonald,

vice-president of insurance services. Confident in our "free" healthcare, some province-to-province vacationers don't feel the need to buy travel medical insurance. While many treatments and services are provided at no cost under the *Canada Health Act*, ambulances aren't among them—nor are they typically covered by reciprocal payment agreements between provinces.

The Saskatchewan Health Authority does not cover certain expenses for Saskatchewanians travelling in Canada, including: air ambulance services, prescription drugs, non-emergency eyecare and transport back to Saskatchewan.

Emergencies come in all shapes

and sizes, and we're fortunate to have first-response services to meet them. Air ambulances transport patients when time is of the essence or when roads aren't an option. They also transfer patients who are unable to travel by other means to hospitals in their home provinces.

Ambulances are either completely covered or heavily subsidized by each province—but only for residents of that province. For visitors, those same services are much costlier.

### Big differences

Travelling within Canada is a fantastic way to experience different cultures, cuisines and activities. But it's important to know what medical expenses are covered—and which ones are not—before embarking on a getaway.

"Because Saskatchewanians don't get a bill for emergency air-ambulance expenses in the province, they tend to think that must be how it works across the country," MacDonald says.

In some cases, such as the air transport of a patient to a hospital back home in Saskatchewan, the service not only comes at a premium, it must also be paid for in advance. Depending on flight distance and the onboard medical team required, the cost can add up to tens of thousands of dollars.

"Some travel insurance policies have coverage limits for air ambulance services, perhaps \$5,000 or \$10,000," MacDonald says. "CAA's travel medical insurance doesn't have a limit for this benefit, other than the \$5-million overall maximum for the policy." CAA's policy also has provisions for advance payments, when necessary.

Though you hope you'll never need it, you likely buy travel medical insurance before embarking on a trip to the U.S. or abroad. But you should add insurance to your must-pack list for travel within Canada as well. **CAA**

## PROVINCIAL PRICES

*What you can expect to pay for ambulance services across Canada*

### BRITISH COLUMBIA

**Ground:**  
\$530 flat fee  
**Helicopter:**  
\$2,746 per hour

### P.E.I.

**Ground:**  
\$600 flat fee  
**Helicopter:**  
\$12,000 flat fee

### ONTARIO

**Ground:**  
\$240 flat fee  
**Helicopter:**  
\$4,980 per hour

### NEW BRUNSWICK

**Ground:**  
\$650 flat fee  
**Helicopter:**  
\$6,500 flat fee

### SASKATCHEWAN

**Ground:**  
\$245 to \$325\*  
**Helicopter:**  
\$465 flat fee\*

\*For Saskatchewan residents with a valid health card.

# *The* MAGIC *of* MUNICH

Munich's  
Marienplatz  
city square





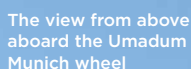
# MUNICH



**FROM MARKETS TO MUSEUMS,  
GERMANY'S BAVARIAN CAPITAL  
HAS MUCH TO OFFER**

*By* LUCAS AYKROYD





From this vantage point, it's hard to believe that less than 80 years ago, Munich lay in ruins. In the last days of Adolf Hitler's Third Reich, the city was reduced to rubble by Allied bombing. While I grew up on classic

The tasty snacks have made me hungry for some culture—this city of 1.5 million boasts more than

Farther along, a cabinet is loaded with dolls to showcase the history of Barbie, while another features quirky





There are four exhibition floors laden with photos, films and documents, along with an excellent audio guide. The 1923 cartoon cover of *Simplicissimus*, a satirical magazine, illustrates how the prototypical Nazi supporter was dangerously underestimated as a “foggy-brained, beer-swilling man of the past, his eyes blinded by swastikas.” From 1933 book burnings at Königsplatz to 1937’s “Degenerate Art” exhibition at the Hofgarten, I’m chilled to see how intellectuals and artists were targeted. And I’m taken aback to learn that a Nazi-era child-rearing book, *The German Mother and Her First Child*, remained in print long after WWII, selling 1.2 million copies into the ’90s. »

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Snowy days at  
Englischer Garten's  
Chinese Tower



Thankfully, Munich offers more salubrious cultural options today. The Renaissance-style architecture along Ludwigstrasse—one of four magnificent avenues constructed by 19th-century Bavarian monarchs—creates a magnificent setting for a thriving modern literary scene.

I pop into the cavernous Bavarian State Library, where bespectacled researchers and stylish students queue to read materials from its collection of 10 million-plus books. For Anglophones, the Words' Worth bookstore stocks well-curated titles in genres ranging from sci-fi to cooking. It also sells seasonal British treats like brandy butter and Christmas pudding. During the last two weeks of November, the Literaturhaus München hosts the annual Munich Literature Festival, which has previously featured Umberto Eco (*The Name of the Rose*) and Ken Follett (*The Pillars of the Earth*).

**AFTER RIDING THE MUNICH WHEEL**, I'm all set for a relaxing evening. As much as I'd love to tour the renowned Bavaria Filmstadt, where director Wolfgang Petersen shot hit movies like *Das Boot*, *Cabaret* and *The Neverending Story*, it's time for dinner. Thankfully, I have a film-worthy venue at my five-star hotel, the Vier Jahreszeiten Kempinski Munich.

At the in-house Schwarzeiter restaurant, I feast on Bavarian steak tartare with mustard cream, herb salad and roasted farmer's bread made in the eatery's open kitchen. The authentic flavours leave my stomach singing like a performance of *The Barber of Seville* at the nearby Bavarian State Opera.

The Vier Jahreszeiten Kempinski Munich is an attraction in itself. The 306-room hotel, which features a stained-glass dome in its mahogany-paneled lobby, dates to 1858. Famous guests have ranged from Sophia Loren to Vladimir Putin. I sleep soundly in my recently renovated grand deluxe room, made cozy by wood flooring and Bavarian landscape paintings.

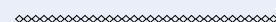
The next morning, I clear my head for another magical day in Munich with an airy stroll through the Englischer Garten. It burgeons with landmarks like the Greek-style Monopteros pavilion and the Chinese Tower. In warmer months, active types can even surf on the artificial Eisbach River, which runs through the 3.73-square-kilometre park. "I must come back in the summer," I murmur to myself.

It's a thought that hits me again before I fly home—as I sip a cold stein of golden lager at Airbrau, Europe's first airport brewery. Despite Munich's dark past, the city offers so many high points for visitors. Not to mention the world's best pickled herring, cutest teddy bears and tastiest beer. **CAA**



## Christmas Markets

Nobody does Christmas like the Germans! Here are three of the best



### Munich's Christkindlmarkt

This holiday extravaganza spans the city's sprawling Marienplatz square. Soak up aromas of roasted chestnuts and grilled sausages as you shop for holiday decor. Be sure to visit the *Krippelmarkt* (manger market), Germany's largest market devoted to the nativity, and stock up on handcrafted mangers, sheep, cows and wise men.

### Dresden's Mittelalter-Weihnacht

Set in the fairy-tale courtyard of the city's Royal Palace, this medieval-themed market is better than a time machine. Watch as costumed artisans demonstrate historic crafts and jesters frolic in the square. On a cool night, nothing warms you up like a clay cup of steaming *glühwein* (mulled wine) and a soak in an enormous wooden tub at the market's public bathhouse.

### Wartburg Weihnachtsmarkt

Theses-toting monk Martin Luther once took refuge in this castle perched on a 410-metre precipice near Eisenach. During the holidays, the 11th-century complex houses candlemakers, glassblowers and *lebkuchen* (gingerbread) bakers. Book a seat for an Advent concert in the candlelit Banquet Hall.





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# *Cold Comfort*

A ONCE-IN-A-LIFETIME CRUISE TO ANTARCTICA  
PUTS HISTORIC EXPEDITIONS INTO PERSPECTIVE

**TEXT & PHOTOGRAPHY BY ADAM MCCULLOCH**



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# “Men wanted for hazardous journey:

small wages, bitter cold...safe return unlikely,” read Ernest Shackleton’s ad in a 1912 issue of London-based *The Times*. Though the exact wording has been blurred over the years, legend says the explorer was inundated by some 5,000 applicants. Was the prospect of traversing the world’s last great wilderness really that seductive? More than a century on, I prepare to undertake a trip of my own to the White Continent.

My 13-day itinerary with Norwegian luxury cruise line Hurtigruten is called “The Frozen Land of the Penguins” and promises a taste of adventure with kayaking, camping and high-speed boat tours aplenty, plus penguins—lots of them.

The tour begins in Buenos Aires, where my shipmates and I catch a plane to Ushuaia, Argentina. From there, we board our ship, the *MS Fram*. Although Ushuaia is the port closest to Antarctica, the journey still entails a two-day sail, affording me ample time to ease into shipboard life. A quick circuit of the *Fram* reveals a gym, a sauna with two hot tubs, and an observation deck with a library and mounted telescopes. I borrow a few books on Antarctica from the library and take inventory of my gear. I discover that I’m woefully unprepared, having accidentally packed my wife’s tights instead of my own thermal underwear. Fortunately, the shop on board is well equipped with the polar essentials.

Unlike me, Shackleton was exceptionally well prepared; he just ran out of luck. He hoped to hike across the continent by way of the South Pole, but his ship, *Endurance*, became trapped in ice in the Weddell Sea. It’s day three of my trip and, on cue, a conical iceberg materializes from the mist. This majestic monolith is a remnant of Antarctica’s vast halo of sea ice, which expands

seasonally from a ring the size of India in summer to a vast churning plateau the size of South America in winter.

Reaching land can be no small feat around here, and Shackleton’s ship, once trapped, gradually drifted north. I keep this in mind at Brown Bluff, where the tender-boat I’m in weaves between icebergs toward the beach.

Our expedition leader, Line, extends her hand and hauls me ashore. “Welcome to Antarctica,” she beams, flanked by an entourage of penguins. Having evolved without any land predators, the Adélie, gentoo and chinstrap penguins that populate these parts blithely treat humans as part of the landscape. Passengers are briefed about keeping their distance from wildlife, but the penguins milling at my feet clearly didn’t get that memo. They pour from the rookery in the hundreds, all white shirt-fronts, then abruptly turn tail, presenting sleek black tuxedo jackets.

From then on, penguins are our constant slapstick companions. At Half Moon Bay, where we land the following day, I am captivated by a gentoo petty thief. He sidles up to a nest not his own, then snatches a pebble from the base. He’s caught and a mini fracas ensues, only to be repeated minutes later.

This, to me, is Antarctica: pure, wild, innocent. But as we zigzag our way south through the South Shetland Islands and the archipelago of the Antarctic Peninsula, humans’ impact becomes increasingly clear. At Yankee Harbor, a fur seal shuffles ashore among the iron and wood fragments of an old whaling station, while in the harbour, a fragile pleasure cruiser bobs, having—amazingly—navigated its way through the same rough seas from Argentina. »

Opposite: an  
Argentinian hut  
at Damoy Point



One of the most notorious parts of the chain is Deception Island. It's the kind of place seafaring folk warn you about. Before breakfast, the ship's intercom draws us to the outer deck to watch our arrival. The island lures ships with the promise of a sheltered horseshoe-shaped harbour, but the only gap in the jagged black cliffs is a 500-metre-wide channel, at the centre of which—submerged just a bit more than two metres below the waves—is Ravn Rock.

We creep close to the fog-shrouded cliffs and, once safely inside, Deception Island proves spookier still. I embark on a high-speed boat tour with an expedition team focusing on the geology of the active volcano. We marvel at the black glaciers, red scoria walls and black stone columns, and soon I step ashore onto a steaming black-sand beach.

I thread a path through the rusted boilers and storage tanks of the island's former whaling station, which was once a town with a population of 1,000. Though it's currently

home to two scientific bases, the island is eerily quiet now; the warmer volcanic water scares away wildlife.

Antarctica's moods swing dramatically. A day later, under the fluorescent glow of sun-dazzled icebergs, a pod of humpback whales lolls about in Cuverville Bay. Our kayak guide ferries our group toward the far shore, eager to inspect an elephant seal hauled up on the ice.

On approach, it's revealed to be a lump of dirty snow. "We brought it all the way from New York," quip the occupants of a double kayak. Ice is the master of illusion. We pass icebergs sculpted in the shape of mushrooms, others with blue caves, some almost entirely hollowed out. Pressure can turn icebergs sky blue; contaminants can paint the ice green or red; volcanic ash can turn it black.

The shape and behaviour of icebergs are also surprisingly unpredictable, and they can change at any moment. Suddenly, as if to prove this very point, a house-sized iceberg »

Clockwise from top left: onboard sights; a camping guide surveys glaciers; Adélie penguins at Brown Bluff; Damoy Hut, former base for British scientists  
Opposite: camping next to glaciers



## WHERE TO NEXT?

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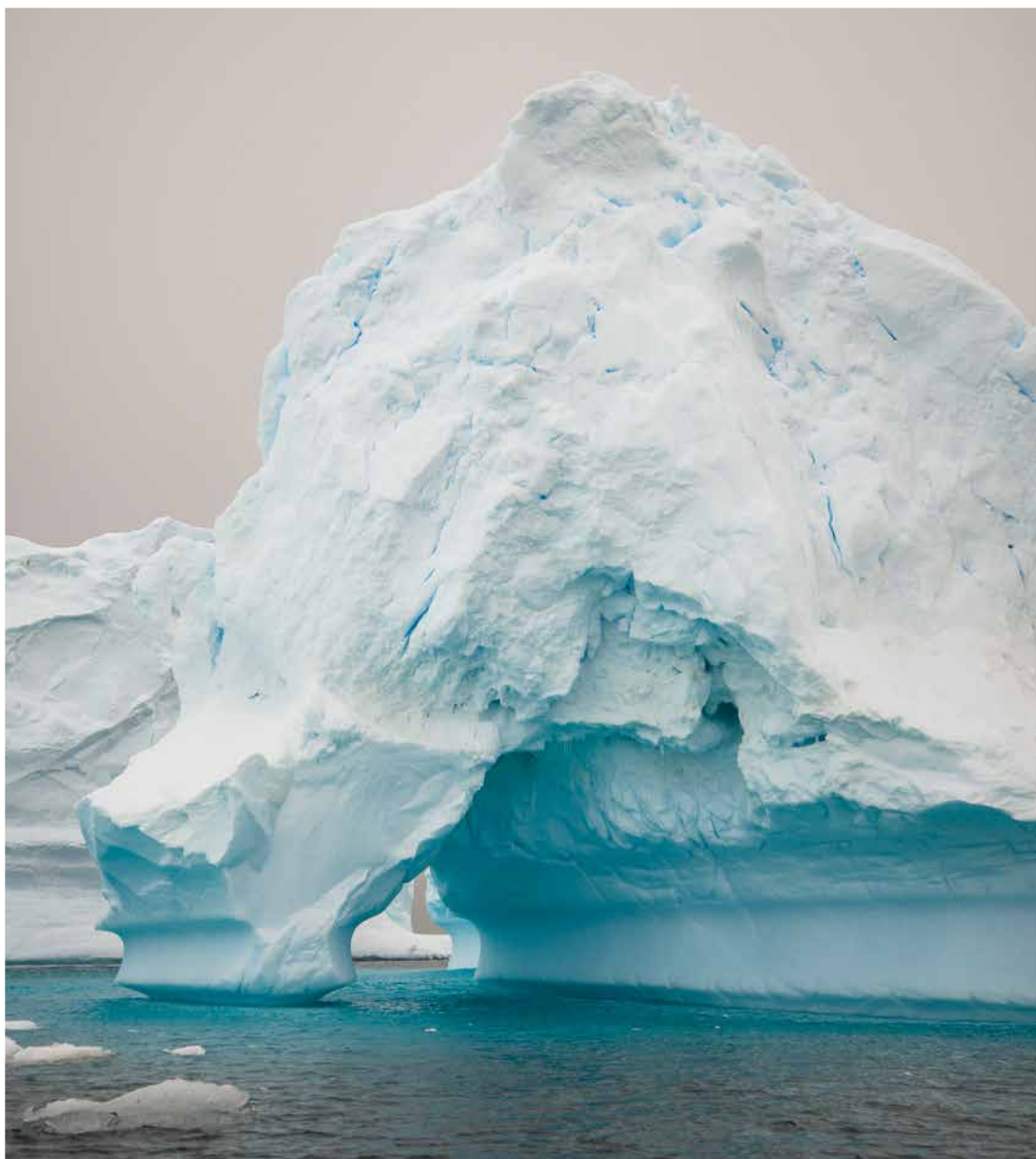
**Glaciers surround us,  
and my fellow campers  
and I talk in whispers,  
if we talk at all. We  
fall asleep to the sound  
of meltwater and the  
snorting of whales.**



# COOL AS ICE

After visiting 39 countries, **Koral Carpentier Hrominchuk** has seen a thing or two. But nothing compares to Antarctica. “Doing Tai Chi on a Russian ice breaker with gigantic icebergs floating past was the definition of surreal,” says the WestWorld Tours senior tour director. Follow Koral’s tried-and-true tips on your epic expedition.

- Before going, read *Endurance* by Alfred Lansing. The book recounts the expeditions of Ernest Shackleton, arguably the greatest polar explorer of all time. The tome offers historic and geographic context for your visit.
- Pack multiple cameras. “If something does go wrong, there’s no shop around the corner, so it’s good to have backups.”
- Bring motion bands. Even if you aren’t prone to seasickness, the waters can be very choppy. Gravol and ginger also help.
- During the trip itself, take time to journal. “As someone who has travelled to many exotic destinations, my favourite souvenir from every single trip has always been the journal I kept.”



## Icebergs crowd Wilhelmina Bay

splits in two and resettles lower in the water. It’s easy to imagine the horror Shackleton must’ve felt as he watched this powerful ice crush his *Endurance* and swallow it whole. I shiver thinking about the suffocating isolation he likely felt.

That feeling returns the following evening as I watch the *Fram* recede into the bay, leaving me on shore. Even knowing that my camping adventure is only for one night, I have a new respect for my formidable surroundings. I haul a sled filled with camping gear to the top of a rise and set up the tent with two dozen other adventurers. Glaciers surround us, and my fellow campers and I talk in whispers, if we talk at all. We fall asleep to the sound of meltwater and the snorting of whales.

Back on board the next morning, I appreciate the delicious Norwegian waffles more than ever. When we reach our journey’s southernmost

point a few days later, we are still some 1,500 kilometres from where the *Endurance* first became trapped. I return to my cabin for the passage home still thinking about Shackleton. After spending 14 months on sea ice, he finally reached Elephant Island using lifeboats, then navigated 1,300 kilometres to South Georgia Island—whereupon he traversed a mountain range to reach a whaling base. With reinforcements, he returned to Elephant Island to rescue his men. Not a life was lost.

I can smell the verdant funk of Tierra del Fuego’s peat marshes and pines before I spot land back in Ushuaia, and there’s a moment of regret at being back on ordinary soil. Shackleton’s “small wages” for a “hazardous journey” has given me a new perspective. After watching glaciers calve and whales gasp in the frigid waters of one of the world’s last wild places, I’m certain that I, too, would have answered the call. **CAA**





HOW  
TO

# SURVIVE WINTER

Safe driving  
strategies, snowy  
sports and cozy gear

**BY GREG BASKY,  
LOLA AUGUSTINE BROWN  
& KELLIE DAVENPORT**



# Winter Driving School

Always drive to conditions. But if you find yourself in a slippery situation, try these smart strategies from CAA Saskatchewan's Scott McIntyre, vice-president of automotive services.



## CONQUER SNOWY HILLS

Going uphill? Start accelerating at the base to build enough momentum to get to the top. Driving downhill, use a lower gear—rather than the brakes—to slow down. When you do brake, press down gently to maintain a slow, steady pace.



## HANDLE BLACK ICE

Black ice occurs at or below zero degrees. It's caused by moisture freezing on the road surface. Drivers often can't see it, but if asphalt looks shiny and black instead of grey-white, be cautious and reduce your speed without braking.



## RECOVER FROM A SKID

If front tires lose traction, don't steer into the skid! Take your foot off the gas and steer in the direction you want to go. If back tires lose grip, slamming the brakes or jerking the wheel can make you fishtail. Instead, look and steer in the direction you want the car to go.



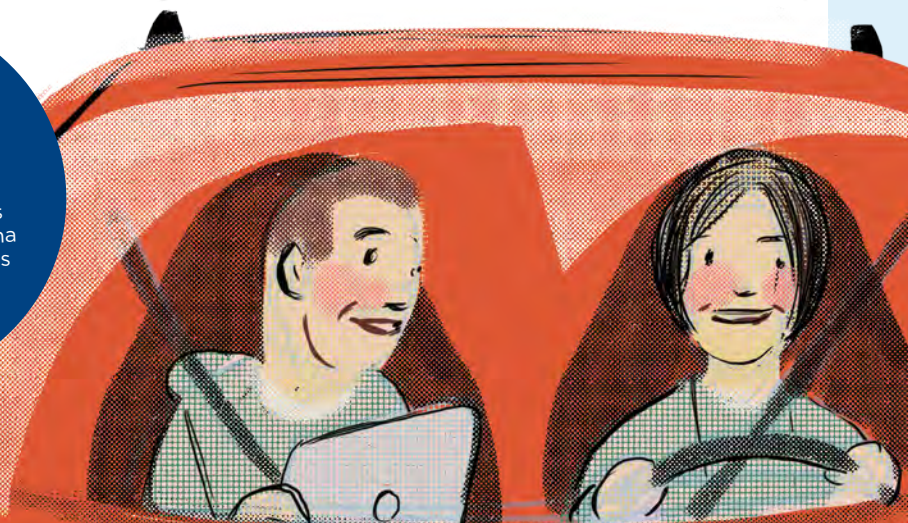
## NAVIGATE A WHITEOUT

Slow down, use low beams, and turn on front and rear defrosters. Whiteouts typically pass quickly, but you may want to pull over at a safe location, away from traffic. If you continue driving, keep headlights on but avoid high

beams—they reflect more light off snowflakes, further reducing visibility. Drive slowly and watch your speed: If you can't see other vehicles or landmarks, it's tough to gauge how fast you're going. If road markings are covered, rely on signs as guides.

## TUNE-UP WITH CAA

Ensure your vehicle is ready for winter driving with a tune-up at CAA's Car Care Centre at Regina Battery Depot: Members save 10% on labour  
980 DEWDNEY AVE.





# I'M STUCK!

## NOW WHAT?

Here's what you should and shouldn't do if you're stranded in the snow.

**"DON'T EVER LEAVE** your vehicle—period," says physiologist and University of Manitoba professor Dr. Gordon Giesbrecht. Known as Professor Popsicle, Giesbrecht is a leading authority on freezing to death. The king of chill has lowered his own body temperature to the threshold of hypothermia a mind-numbing 33 times—all in the name of research.

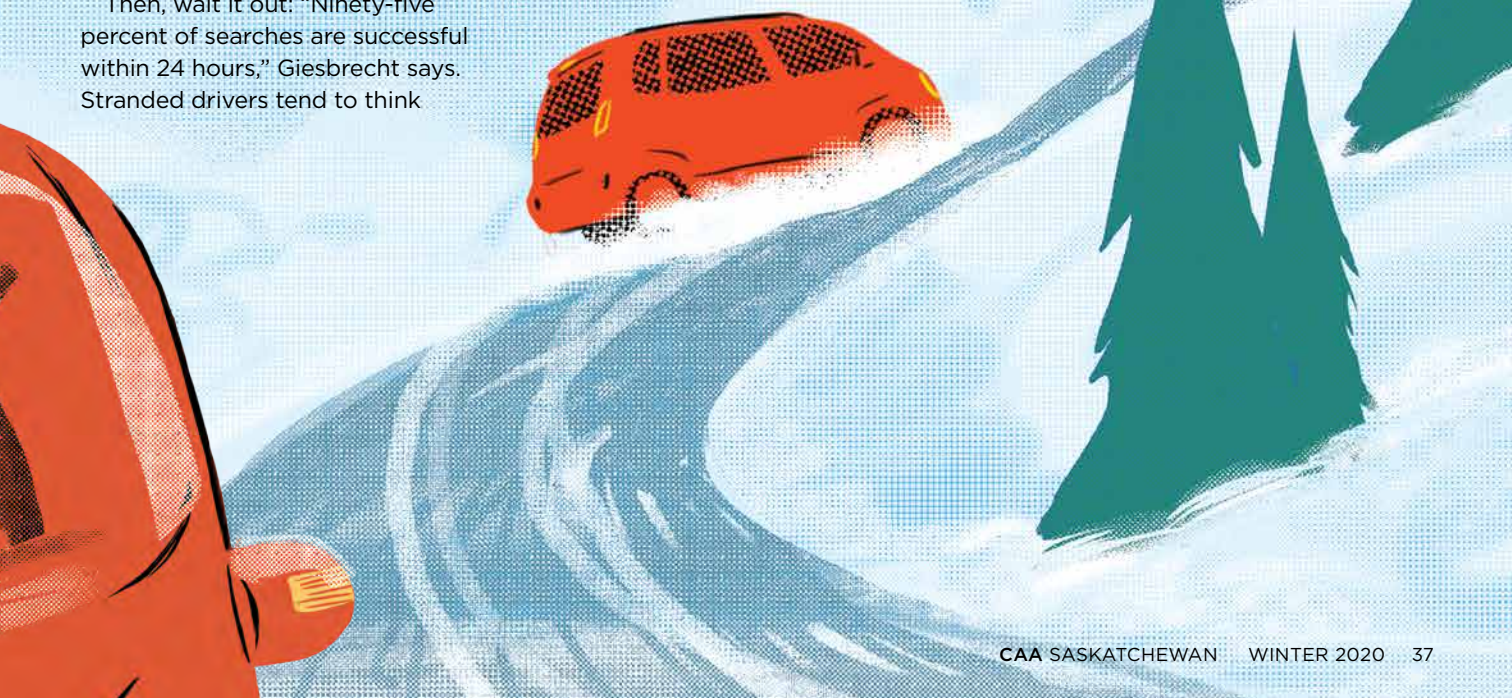
"Cold, wet and wind are the deadly triad of hypothermia," he explains. If your car slides into a snowbank, or you run out of gas or break down, do not leave to look for help. First, remain calm and pull off the road, away from traffic. Next, figure out where you are by checking your GPS or identifying nearby landmarks. If you've been in an accident or are hurt, call 911. For a tow truck, contact CAA and provide as many location details as possible. Download the CAA Mobile App or keep the number in your cell phone: **1-800-222-4357**.

Then, wait it out: "Ninety-five percent of searches are successful within 24 hours," Giesbrecht says. Stranded drivers tend to think

they'll never be found, but they will. There's also a tendency to panic about freezing to death within a few hours. "Even at -40 C, you can easily survive 24 hours in your vehicle." To stay warm, clear your exhaust pipe of snow (to avoid carbon monoxide poisoning) and intermittently run the vehicle for heat. When running the engine, crack a window for ventilation.

Of course, prevention is the best medicine. Before leaving town, ensure you've got a full tank of gas, a vehicle in good working order and an emergency kit. Pick up a ready-made kit at your local CAA Store or build your own. Pack a sleeping bag, phone charger, spare parka and boots, warm gloves and food, like chocolate bars. Water, which may freeze, isn't as important: "You can live without water for three days—longer in the winter," Giesbrecht says.

*"DON'T EVER  
LEAVE YOUR  
VEHICLE—  
PERIOD"*





# Snow Sports

Embrace a fresh Saskatchewan snowfall and get an adrenaline rush with these cool twists on classic winter activities.



## FAT'S WHERE IT'S AT

A fat bike, with its playfully plump tires, is the perfect antidote to the winter blues. Several cycling clubs around the province groom local mountain bike trails in winter, including St. Barbe's (Saskatoon), Little Red River

Park (near Prince Albert), La Ronge and Esterhazy. If racing's your thing, challenge yourself at the Sask 60 or Hardcore 100 in Missinipe and Saskatoon's Wintershines SnowFondo. Or kick it up a notch at Escape the Hooved Man, a 25-km night race

through forests surrounding Big Eddy Lodge, near Cumberland House. Two things dramatically impact your fat tire fun factor: Dress in layers to stay warm but not overheat, and dial in your tire pressure to match the temperature and snow conditions.



## SKIP THE LIFT LINES

Love the thrill of skiing and snowboarding, but dread that long drive west to the mountains? Get your adrenaline fix on the prairies with kiteboarding. You'll need a kite, harness and board—plus loads of wind. But lessons are a must, according to Caitlin Stewart, president of Saskatchewan Windriders, whose members range in age from seven to 70. "You get chucked around a bit. This isn't an 'I'll just try it on my own' kind of sport."



## MUSH! HAW! WHOA!

Fifteen km/h *feels* a lot faster than it sounds when you're driving a team of Alaskan Huskies on a narrow trail through the boreal forest. "When you have a strong team that's pulling, it's not like a snowmobile—you can't just take your finger off the throttle," says Brad Muir, owner of Sundogs Excursions. "The dogs just want to keep going." Mushers love the beauty and silence of the forest. Trips range from 90-minute orientation rides and half-day sessions to backcountry overnights.





## ON THIN ICE

It's never a good idea to traverse unfamiliar frozen lakes, rivers or ponds. But if you've fallen through the ice, you can get out. Follow this strategy from ice expert and physiologist Dr. Gordon Giesbrecht, a.k.a. Professor Popsicle.

- 1 Follow the 1-10-1 principle: One minute to control breathing; 10 minutes of meaningful movement; and one hour before you become severely hypothermic.
- 2 Regulate your breathing within the first minute. The frigid water will make you hyperventilate. Get control by taking several slow, deep breaths to calm down.
- 3 You've got 10 minutes before your limbs go numb. Stretch arms out on the ice near the edge.
- 4 Kick and pull. Kick both legs in the water to propel your body up and along the ice.
- 5 Pull forward with your arms to nudge your body up onto the ice until you're completely out of the water.
- 6 Don't stand up! Roll or crawl away from the hole. Move in the direction you came from before falling in (it had thicker ice to support your weight).
- 7 Stand up on visibly thick ice and gingerly walk to shore. **CAA**

## DRESS THE PART

The gear you need to stay warm while having fun.



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# SHOP CAA

## WINTER ESSENTIALS

Safe To Go Roadside Kit (SA-0103)

**Member Price: \$39.99 | Regular Price: \$49.99**



Everything you need for a winter drive in one portable kit. Carry all the essentials to keep warm and safe, including a collapsible shovel, a 19-piece First Aid kit, hand warmers, a signal flashlight, and much more.

ICEtrekkers (SA-0043)

Diamond Grip Ice Cleats

**Member Price: \$49.50 | Regular Price: \$55.00**



Travelon Portable UV Sanitizer Box (T-13534)

Stop the spread of germs and viruses on high touch - high contamination items.

**Member Price: \$45.00 | Regular Price: \$49.00**



Baggalini - Criss Cross Bag (B-CCROSS-PORT)

This clever travel bag makes room for everyday essentials inside its unique shape. Zip left for sunglasses and keys; zip right for makeup and phone. This crossbody bag has it all.

**Member Price: \$79.99 | Regular Price: \$88.99**

Pacsafe Neck Gaiter (PAC-GAITER)

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# WEEKENDER

*Neighbourhoods | Local Fun | Things To Do*

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## SNOWED IN

*A layer of fresh powder makes the province come alive with unforgettable experiences*

BOREAL TRAIL



## MEADOW LAKE

BY NAOMI HANSEN

**OFTEN REFERRED TO** as the gateway to Saskatchewan's north, Meadow Lake and its namesake provincial park offer all-season recreational activities, perfect for a winter getaway.

The area is a haven of pristine scenery, from snow-dusted forests to glistening frozen lakes to pitch-black skies dotted with stars.



## OUT AND ABOUT

1

EAT



**Eatery on Main** is a trendy spot for delicious homemade fare. Try a mozzarella-bacon burger for lunch, or do coffee with a decadent dessert, like the Ferrero Rocher cheese-cake. 226 Centre St.

2

LEARN



Try an adult art class at **Artistic Incidents Art Studio**. A range of evening lessons covers everything from drawing and acrylic painting to printmaking and reclaimed wood projects. 311 Centre St.

3

SHOP



Pick up holiday gifts at **Martodam's The Clothing People**, which carries styles for the whole family, plus a fab selection of shoes. It's the place in town to score cool kicks. 115 Centre St.

4

RELAX

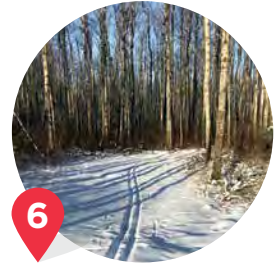


Unwind at **Wholelife Wellness**, which offers many types of natural therapies, including therapeutic and relaxation massages, reiki, energy clearing and more. 101 2nd St. W.



## BLAZE A TRAIL

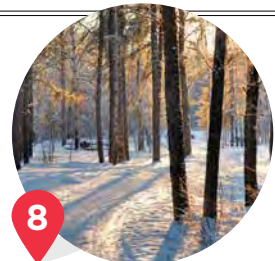
The trails at Meadow Lake Provincial Park form a massive winter wonderland for the whole family. (Before venturing out, trail users must register with the park office at 1-306-236-7680.)



Once the snow hits, the **Haymeadow trail** at Greig Lake boasts 8 km of groomed tracks for cross-country skiing.



Maintained by a local snowmobile club, Meadow Lake's section of **The Great Trail of Canada** offers one of the province's most scenic rides.



Check out the 135-km **Boreal Trail**, Saskatchewan's longest hiking route, which extends across the park. The trail features various start/end points for short jaunts or full-day trips.



**Kimball Lake** and **Little Raspberry trails** are scenic 6.3-km and 2-km loops that encircle Little Raspberry Lake. Both are perfect for a brisk hike or lakeside snowshoeing. **CAA**



## UNTAPPED WONDER

Nestled on Greig Lake in Meadow Lake Provincial Park, Waters Edge Eco Lodge is a luxurious all-season lodge surrounded by thick boreal forest. With initiatives like geothermal heating, composting and water conservation, the lodge promotes sustainable travel. Co-owner **Shelly Pikowicz** grew up in the area and shows visitors how to make the most of the great outdoors.

### What winter activities do you offer?

We clear the lake for ice skating and keep snowshoes on-hand for guests. There's also a 5-km groomed cross-country ski trail, which is great for wildlife spotting. The lodge really is a winter

wonderland, and after a day outdoors, guests can curl up by the wood-burning fireplace to read or play boardgames.

### Where can folks go for an evening out?

In the town of Dorintosh, the Parkland Hotel hosts

a DIY steak night on Thursdays. You cook your own steak on the grill. There's also a buffet with potatoes and salads. They sometimes have entertainment and live music as well. [*Steak night is currently on-hold due to COVID-19.*]

### What do you love most about winter in Saskatchewan's north?

It's so quiet and serene here, especially if you want to get away from the city and the hectic pace of life. There's just something about the north that's so stunningly beautiful. I sometimes take a walk before bed and it's completely dark; you can see so many stars. If you're lucky you might even spot the northern lights.

Shinny on the lake



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# PHOTO-WORTHY SASKATCHEWAN

Explore the province's best destinations, landmarks and natural marvels for winter photography

BY NAOMI HANSEN & CRAIG MOY

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ANGLIN LAKE

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## A NORTHERN WONDER

**SASKATCHEWAN IS WELL-KNOWN** for its clear blue skies, but come winter, the aurora borealis light the night in shades of green, yellow and blue. The

**northern lights** are best seen between October and March. Colin Chatfield of Chatfield Photographics in Saskatoon says the best spots to catch them are Pinehouse, Anglin Lake, La Ronge, Hudson Bay and Melfort.

“These areas have darker pockets away from light pollution, so it’s a lot easier to see them,” he says. When it comes to capturing the fantastic show, Chatfield says most newer

point-and-shoot cameras will work well, but anything with a wide-angle lens is best for fitting more of the landscape in the frame.

He also recommends using a tripod to prevent shakiness. “If you’re using a tripod with a lens that has image stabilization, make sure it’s turned off—otherwise it’ll cause vibrations. Image stabilization is designed for hand-held photography only.”

**SAFETY FIRST**



Protecting your camera in winter is important, as cold temperatures can cause lens-damaging condensation. Put pocket warmers in your camera bag to keep equipment warm. After shooting outside, lay out all equipment on a towel, lens caps removed, to dry out indoors.



## OUTDOOR PHOTO OPS

The province's most photogenic natural landscapes

North of Regina, the snow-speckled **Qu'Appelle Valley** is great for both landscape and wildlife photography.

The 60-metre **Castle Butte** is a provincial favourite. Climb to the top for views of the surrounding Big Muddy Badlands.

Near Hafford, **Crooked Bush** is a botanical mystery. The twisting aspen trees make for a spooky backdrop.

## HOW TO Take Better Photos

1

### FOLLOW THE RULE OF THIRDS

Mentally divide your frame into thirds horizontally and vertically. Our eyes are drawn to the parts of the frame where the dividing lines intersect. Place your subject at these intersections for more visual impact.

2

### UP CLOSE OR FAR OUT?

Always ask: What's the most interesting part of what I'm looking at? Maybe it's a unique flower, part of a building or your travelling companion. If that subject is truly the star, go in close (or use a telephoto lens) and get all the fine details. If it's the scene itself that's most interesting, shoot at a wide angle to capture the full context of the view.

3

### GET THE RIGHT LIGHT

Try to avoid the harsh light of the midday sun. The best time for taking photos outdoors is within an hour before sunset and an hour after sunrise—the so-called “golden hours” of soft light and long shadows.

## ICONIC LANDMARKS

Quintessential Saskatchewan scenes make ideal photo subjects



Overlooking Jackfish Lake, **Cochin Lighthouse** is the province's only lighthouse. Its clean white look contrasts nicely with the piercing blue winter sky.



Walk across the **Borden Bridge**, an abandoned arch bridge, for pics of the North Saskatchewan River. Or stand on the riverbank for a shot of the bridge.



**Holy Trinity Church** is the oldest known building in the province. Situated on the banks of the Churchill River, the Gothic Revival-style building looks picturesque next to the frozen river.



Though the **Feudal Grain Elevator** is now a ruin, its faded red paint and looming structure give it an eerie and tough look. Built in 1928, it's a classic Saskatchewan landmark. **CAA**



HOW TO

# SHOVEL SNOW

## (WITHOUT STRESSING YOUR SPINE)

### WHAT'S THAT LIST OF LIFE'S CERTAINTIES AGAIN?

Death, taxes—and snow during a Saskatchewan winter. But shovelling is easier and safer if you use the right technique. Before heading out, bundle up and do a brief warm-up.



1

#### Select and prep your shovel

The handle should be curved and long enough that you don't have to bend much. Go with a smaller blade size: pushing and lifting lighter loads reduces risk of injury. Spray blade with silicon lubricant to prevent sticking.



2

#### Focus on posture

Push snow as far to the edge of driveway as possible before you have to lift it into a pile. Keep your back straight as you push. Switch between shovelling right- and left-handed.



3

#### Lift straight

Stand with feet shoulder-width apart, bend at knees and scoop up small-to-medium amounts of snow. Keep blade close to you to minimize back strain. Try not to twist your body when lifting.



4

#### Take breaks and rehydrate

In frigid temperatures, moisture is being pulled from your body, but you may not notice the signs of dehydration. Allow yourself occasional water breaks.



5

#### Shovel in stages

Deeper—and especially *wetter*—snow means heavier loads. Instead of shovelling it all at once, skim half off the top and do a second pass.



6

#### Pile it up

If space allows, throw snow farther from your driveway at the start of the job, then dump it progressively closer. You'll have a shorter distance to heave snow later. **CAA**





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