

CAA

SASKATCHEWAN MAGAZINE

 FALL 2020



ELECTRIC CAR CARE
BEAUTIFUL BELIZE
FALL'S BEST BOOKS
COOL CANADIANA

PADDLE OR PEDAL

ROCKIES GUIDE





10+ ways you can get the jump on health and dental bills.

Protect your family's health and budget with CAA Health & Dental insurance.

Everyone wants their family to be healthy and protected. But sometimes, out-of-pocket health and dental bills can make that a little bit difficult. Without insurance to help cover what your government health plan doesn't, costs like these can really add up:

- | | |
|-------------------------|-----------------------------|
| 1. Prescription drugs | 5. Dietitians |
| 2. Dental care | 6. Massage therapy |
| 3. Vision care | 7. Mental health therapists |
| 4. Homecare and nursing | |

CAA Health & Dental Insurance can help reduce the cost. And to help keep your family healthy from a distance, plans also offer **online and telephone remote services** including:

8. **Healthcare Online – Akira by TELUS Health™ Virtual Health App.**¹
24/7 medical consults, by secure text and video within Canada.
 9. **Home Delivery Pharmacy with Express Scripts Canada (ESC).**²
Prescription medications delivered to your door.
 10. **Virtual Appointments**³ with audiologists, chiropractors, dietitians, naturopaths, psychologists, social workers and speech therapists.
- + **Teledentistry.**⁴ Dental check-ups over the phone or Skype® with your dentist.



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2019 rates have been extended!

CAA Health & Dental insurance

is an affordable way to help protect your family's health. Premiums start at just a few dollars a day. There's a range of plans to choose from, and if you act now, you can still enjoy 2019 rates!

The more you know, the more you can protect.

Apply before **September 30, 2020*** to enjoy lower rates!



caahealthinsurance.ca



1-844-538-7457

to speak to a Licensed Insurance Advisor

¹ This benefit is only available to CAA primary customers whose policies were effective on or after August 1, 2019.

² Some maintenance medications are not available for more than 30 days due to Health Canada controls and restrictions.

³ The health care practitioner must meet these requirements:

- 1) Be licensed and registered in the province or territory where they are practicing.
- 2) Have eligible qualifications determined by Manulife.
- 3) Be practicing within the guidelines of their governing body.
- 4) Be allowed by their college or governing body to offer virtual care to their patients.

⁴ The Canadian Dental Association has advised that dentists may have a conversation with a patient via telephone or Skype to triage an issue to determine if further treatment in office is required. Please contact your provincial or territorial dental association for further information.



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A BRIDGE OVER TROUBLED WATER

How CAA keeps you connected

NOW MORE THAN EVER, online communication has become integral to our everyday lives. With the challenging onset of COVID-19, thousands of Saskatchewan students, businesses, organizations and government agencies now rely heavily on digital communications for day-to-day transactions, learning opportunities and staying in touch with family and friends.

Over the past few months, connecting with our valued Members has been a priority at CAA Saskatchewan. We've revamped our website to make it more user-friendly. Our online service has improved across all our business lines, including travel, roadside assistance, insurance and membership. A trusted CAA travel consultant, insurance agent, membership representative or communications counsellor is always here, ready to help.

We've made extra effort to ensure all emails, phone calls and website inquiries are handled as efficiently as possible. We apologize if there have been a few snags along the way.

In addition to our online services, we continue to provide regular emails to our Members to keep everyone updated with the latest trends and information from CAA Saskatchewan. We even offer a digital version of this magazine at caask.ca/magazine.

If you'd like to stay connected via email, just provide us with an address

and we'll make sure you hear from us on a regular basis. Drop us a note at notify@caask.ca.

There's also the CAA app. It lets you access account information, request roadside assistance, look at your e-bill and sign up for automatic renewal. The app keeps you connected wherever you are: working from home, vacationing or on the road. Create an online account at caask.ca/MyAccount.

Like other companies and organizations, we also rely on Facebook, Twitter, Instagram and YouTube to keep you informed. You can visit our social channels to learn about our safety and advocacy initiatives, including the CAA School Safety Patrol, CAA School Zone Safety Assessments and CarFit, plus general tips for bike and driver safety. Follow us to stay connected with the CAA Saskatchewan family.

Do you have ideas about how we can improve our online or face-to-face communications? Please send me a note at caa.magazine@caask.ca. I'd love to hear from you!

Take care everyone.

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ARE YOU READY TO EXPLORE?



We're here for you whether your travels take you within Canada or beyond!

CAA Travel Insurance options include:

- 1** Flexible plans to suit your needs
- 2** Coverage for pre-existing conditions
- 3** Annual plans for the frequent traveller that now include In Province Virtual Emergency Medical Assistance¹

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10%***



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CAA Travel Insurance is underwritten by Orion Travel Insurance Company, a CAA Company. Certain exclusions, limitations and restrictions apply. Subject to change without notice. A Medical Questionnaire may be required to purchase travel insurance. Quotes are valid for 30 days. ¹CAA Assistance is provided by Active Care Management Inc. Telemedicine and House Call Services availability may vary depending on geographical locations and current emergency medical condition. In-Province virtual assistance is limited to four (4) calls per insured per policy term.

*Applies to CAA Members in good standing with dues paid in full by membership expiry date. 10% savings applies to the total premium excluding applicable taxes. Minimum premium applies. Excludes Visitors to Canada Insurance.

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HELP US SAVE A TREE

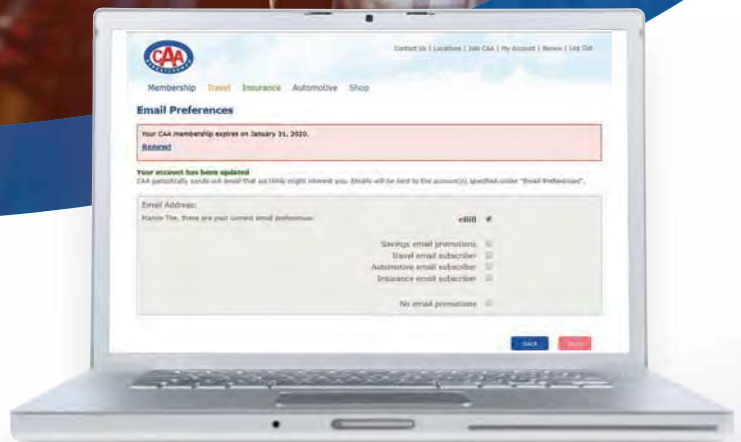
Skip the Paper

Switch to Paperless in 2 Easy Steps!

- 1.** Sign in to your CAA account.
- 2.** Click on eBill and make sure it's checked.

It's that easy! CAA paper bills kill one tree every month, and paperless statements never get lost. Switching to paperless billing helps you and the environment.

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CAA INSIDER

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CAA MEMBERSHIP

GET MORE FROM YOUR MEMBERSHIP

WE KNOW VALUE is important to you. That's why your CAA membership gives you more than just roadside assistance. It offers you personal accident insurance, exclusive Member pricing, Rewards savings and much more. So whether you're new to CAA or a longtime Member, make sure you get the most out of your membership. Learn more at caask.ca/membership.

- 1 Save up to 30% online and in-store with our CAA Rewards partners, from clothing to tech to your favourite restaurants.
- 2 Explore with confidence knowing that you are covered by your membership in any vehicle anywhere in North America.
- 3 Save 10% on home insurance with CAA Insurance.
- 4 Get guaranteed auto service and competitive prices from the experts at CAA Approved Auto Repair Services (AARS) facilities.
- 5 Member-exclusive pricing on travel gear and merchandise by Samsonite, Lug, Columbia and Royal Robbins.
- 6 Peace of mind knowing CAA is Canada's most trusted brand.*



BACK TO SCHOOL

LESSON PLAN

A new school year means increased safety measures. We're all in this together, so follow your school's guidelines—which may include physical distancing, washing hands, using hand sanitizer and wearing masks in public. Even if

you don't have young children, remember your social-safety etiquette when walking or driving in school communities.

DRIVERS: Obey posted speed limits and hours; remain alert near playgrounds and parks; always stop for the flashing lights of school buses; and be aware of on-duty CAA School Safety Patrollers.

STUDENTS AND PEDESTRIANS:

Never run into traffic or between parked cars; look both ways before crossing the street; don't text or play games while walking; and obey CAA School Safety Patrollers.

CYCLISTS: Safely walk your bike across the street; get other tips at caask.ca/bikesafety.

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.



SCHOOL SAFETY PATROL

WHEN DUTY CALLS

Patrollers keep Saskatchewan school zones safe by helping their peers safely cross streets on their way to and from school. At the same time, CAA School Safety Patrollers gain confidence, learn responsibility and leadership through the program. With the support of CAA Saskatchewan, municipal police, RCMP,

patrol coordinators, school divisions, teachers, parents and student volunteers, the program has kept kids safe for more than 60 years. CAA Saskatchewan has coordinated and managed the CAA School Safety Patrol program since its inception in 1951. Today, there are about 4,600 patrollers, from 162 schools representing 70 communities across the province. Learn more at caask.ca/patrollers.

AUTO RENEW

WORRY LESS, LIVE MORE

Time often feels like it's moving too fast. With packed schedules, automatic renewal and paperless billing can save a few precious minutes. Setup is quick and easy: Switch to auto renew or eBill online through your CAA account or ask a CAA membership representative in-store or by phone. You'll never miss a payment, so you can rest assured knowing your membership will always be there for you. And you'll never worry about when your membership is due or where you last saw the paper bill. Make the switch at **caask.ca/MyAccount**, call us at 1-800-564-6222 or visit your local CAA Store.

SAKLAKOVA/SHUTTERSTOCK

SCHOOL ZONE SAFETY

DRIVER'S ED

School zones are becoming more dangerous. According to a CAA National poll, parents with children aged 4 to 13 report an increase in unsafe driving practices within these zones. Research also shows 92 percent of parents have noticed one or more bad driving behaviours in 2019, up from 86 percent in 2017. The top two hazardous behaviours are speeding and distracted driving. For pedestrians, the most risky actions are jaywalking and failing to look both ways before crossing the street. CAA's school zone safety assessment program helps



schools and community groups assess pedestrian, cycling and driver behaviours. To learn more or set up your own assessment, visit **caask.ca/schoolzonesafety**.



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- Photo ID
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- Motor Vehicle Registrations

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Slow down in school zones.



Drive according to the posted speed limit.

Notice of Annual Meeting of Members October 23, 2020

Notice is hereby given that the annual meeting of members of CAA Saskatchewan is scheduled to be held at the Hotel Saskatchewan, Autograph Collection in Regina at 1 p.m. on October 23, 2020. Due to the current pandemic and distancing requirements, it may be held as a conference call or virtual meeting. If you plan to attend, please call CAA at 306-791-4362 after October 9, 2020 to confirm the location. The purpose of the meeting is as follows:

1. To consider and approve financial statements of the Club for the fiscal year ended July 31, 2020, and the Auditor's Report thereon.
2. To elect Directors.
3. To appoint Auditors and authorize the Directors to fix the Auditor's remuneration.
4. To transact such further and other business as may properly come before the meeting or any adjournment thereof.

Members who are unable to attend the meeting in person are encouraged to sign the instrument of proxy following this notice and return same to the **Returning Officer, CAA Saskatchewan, 200 Albert Street North, Regina, SK S4R 5E2**. Proxies must be returned no later than the close of business on October 21, 2020, in order that your votes as given may be recorded.

—By Order of the Board

INSTRUMENT APPOINTING PROXY

2020 Annual Meeting of Members Solicited by Management

The undersigned, a Member of CAA Saskatchewan, appoints Pat Friesen, Chair of the Board of CAA Saskatchewan, or failing her, Brian Barber, Vice-Chair of the Board of CAA Saskatchewan, or failing him, a Director of CAA Saskatchewan designated by the Board of Directors, or in lieu of the foregoing: as nominee of the undersigned to attend and act at the Annual and General Meeting of Members of CAA Saskatchewan to be held on the 23rd day of October 2020 at The Hotel Saskatchewan, Autograph Collection in Regina at the hour of 1 p.m. and at any adjournment thereof, in the same manner, to the same extent and with the same powers as if the undersigned were present in person at the said meeting or such adjournment thereof. The Notice of Meeting appears in *CAA Saskatchewan Magazine*.

DATE (DD/MM/YY)

MEMBERSHIP NO.

SIGNATURE OF MEMBER

PLEASE PRINT NAME



Split, Croatia; the Millards with a street vendor in Dubrovnik (inset)

SEAS THE DAY

CAA Members set sail on the journey of a lifetime in Croatia

BY DON AND NORMA MILLARD

ABOARD OUR PRIVATE yacht cruise of Croatia's Dalmatian Coast, we soaked up sunshine along with breathtaking coastal views and the azure water. Some mornings, we jumped off our boat to enjoy a refreshing swim; the cool sea and salty air jolting us awake. The buoyant waters of the Adriatic kept us afloat as we waded around the *Ave Maria*, our home away from home.

The sunrise dip was one of many memorable moments during the bucket-list adventure, which marked our 35th wedding anniversary. Though this was our first trip with WestWorld Tours, it certainly won't be our last! Our guide, Koral, and Alen, our bus driver, were incredibly organized, personable and knowledgeable.

Throughout our journey, they helped us meet welcoming residents, shop for locally made products, tour wineries and sample regional cuisine.

With narrow alleys and cobblestone streets, Split felt like a movie set. Croatia's second-largest city gave us a new appreciation for Old World architecture. After a day of sightseeing,

our hotel rooftop was the perfect spot to enjoy thirst-quenching libations.

In the quaint town of Livade on the Istria peninsula, we travelled along steep streets leading to a cathedral. A wedding was taking place, offering us an amazing look at local traditions.

Further south at Vis, Don befriended some townsfolk while saving their dog, who had jumped off the dock but couldn't swim. His reward for the heroic endeavour: an ice-cold radler.

From Dubrovnik's legendary city wall, we basked in stunning sea views. The towering walls extend around the city offering a bird's-eye view of tiled roofs, limestone streets, churches and fountains. Street vendors and quaint cafés dot the route. We marvelled at the colourful embroidery of Amalia, a local artisan.

It sounds clichéd, but we wish we could've stayed longer. We came away from this wonderful celebration with good friends and great stories.

To plan your Croatia adventure, visit westworldtours.com or call 1-800-564-6222. **CAA**



FOOD FOR THOUGHT

How CAA Saskatchewan tow truck operators supported the Regina Food Bank during the pandemic

BY ASHLYN GEORGE

THE GLOBAL PANDEMIC brought the province, the country and the world to a near standstill. On March 12, Saskatchewan recorded its first presumptive case of COVID-19. Six days later, a provincial state of emergency was declared, closing all non-essential services for the next six-and-a-half weeks to ensure public health and safety.

Like first responders and emergency personnel, CAA's roadside assistance has long been deemed an essential service. And during this time of crisis, CAA Saskatchewan's fleet of tow operators in Regina stepped up to help the community.

An essential service

For decades, CAA has strongly advocated for its drivers. As a result, roadside assistance workers have been recognized as essential in all provinces across Canada.

"CAA also worked with the federal government to ensure they would remain essential if the Federal Emergency Act was ever enacted," says Kristine D'Arbelles, senior manager of public affairs with CAA National. When the pandemic hit, Saskatchewan's fleet was ready to serve people still on the road, as well as those impacted by COVID-19's economic hardship.

CAA Regina's fleet of tow operators partnered with the Regina Food Bank, the largest food security agency in the province. A dedicated team of six operators took turns during their weekday afternoon shifts to deliver food hampers full of fresh fruit, veggies, proteins and dry goods to the homes of local families in need.

Communities in need

As a long-time partner of CAA Saskatchewan, Regina Food Bank has worked with the club on community events like the Access Communications Show N Shine. "We've had a long-standing relationship with CAA; they're one of our most valued partners," says the food bank's CEO John Bailey. "They have always been there to support us."

With routes set up by the food bank, the packed hampers were safely loaded into the CAA vehicles and a contactless front-porch delivery policy ensured proper physical-distancing procedures. The ability for local residents to stay home yet still receive their groceries meant that everyone could continue to do their part to flatten the curve and reduce the impact of the virus.

All for one, one for all

CAA Saskatchewan roadside assistance drivers Shawn Hansen, Tyje Blenkin, Shane Hansen, Rick Leon, Robert Dagenais and Daryl Siba each made up to 20 deliveries per day.

"It's always a feel-good experience with our job, knowing you're helping people during difficult times," says lead driver Shawn Hansen. "But it's even more special to help the community in this way."

In April alone, the food bank noted a 60 percent increase in hamper requests, making partnerships like this even more critical. "Without CAA, our ability to meet the needs of the community couldn't have been met," Bailey says. "CAA was there to support us during this challenging time."

At press time, the CAA team has volunteered a total of 344 hours to deliver more than 2,100 hampers to Regina residents. **CAA**

There's no need to search for an easier way to leave a legacy for your family.

GUARANTEED ISSUE LIFE INSURANCE

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 W Q I U H F C B S M H L P I O C V X
 A S R E Q B J U I F G R E S D K O L

Play our word search to find out some of the costs that \$25,000 could help your family cover. Circle these words when you find them, then look below to learn more.

GLOSSARY

DEBT

The average household has over \$30,000 of debt.¹

WEDDING

A wedding today can cost over \$42,000.²

UNIVERSITY

It can cost \$19,000 a year to send a child to university.³

RETIREMENT

Guaranteed Issue Life Insurance can add to your spouse's retirement.

FUNERAL

Final arrangements can cost \$15,000 or higher in Canada.⁴

LEGACY

You could leave up to \$25,000 to family or a favourite charity.

Having CAA Guaranteed Issue Life Insurance can help with these costs and more!

Get CAA Guaranteed Issue Life Insurance.

Most people would love to be able to leave money for their loved ones. But how do you do that without depleting your savings? Affordable CAA Guaranteed Issue Life Insurance can help. Your acceptance is guaranteed, with no medical questions or exams when you apply.



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The future is a puzzle.
We can help you solve it.



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to speak to a Licensed
Insurance Advisor

¹ "Many Canadians resigned to never getting out of debt," Investment Executive, December 2019. (<https://www.investmentexecutive.com/news/research-and-markets/many-canadians-resigned-to-never-getting-out-of-debt/>)

² "Canadian Cost of a Wedding." Statista, 2017. (<https://www.statista.com/statistics/807306/cost-of-wedding-in-canada/>)

³ "The cost of a Canadian university education in six charts," Maclean's, 2018. (<https://www.macleans.ca/education/the-cost-of-a-canadian-university-education-in-six-charts/>)

⁴ "How much is it going to cost?" In Memory, 2019. (<https://inmemory.ca/resources/funeral-costs/>)

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THE GUIDE

Rewards | Travel | Auto | Lifestyle

read, relax, repeat

BY CARLENE RUMMERY

Known for open skies, beautiful sunsets and vast fields, Manitoba and Saskatchewan are also home to some of Canada's most prolific authors. Curl up this fall with their latest works for a dose of prairie literary talent.



David Bergen *Here the Dark*

Season of Fury and Wonder

Sharon Butala

MRS ROMANOV • LORI CAYER

SHARP & MARJAN

FLAT OUT
DELICIOUS

PECULIAR LESSONS LOIS BRAUN

DRAGON ASSASSIN

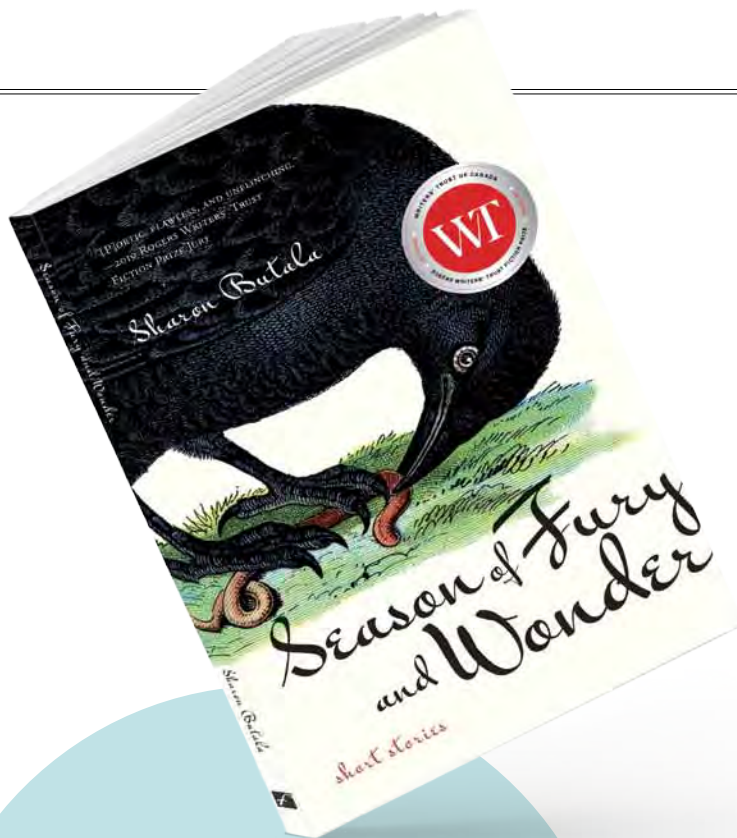
SLADE

SEASON OF FURY AND WONDER

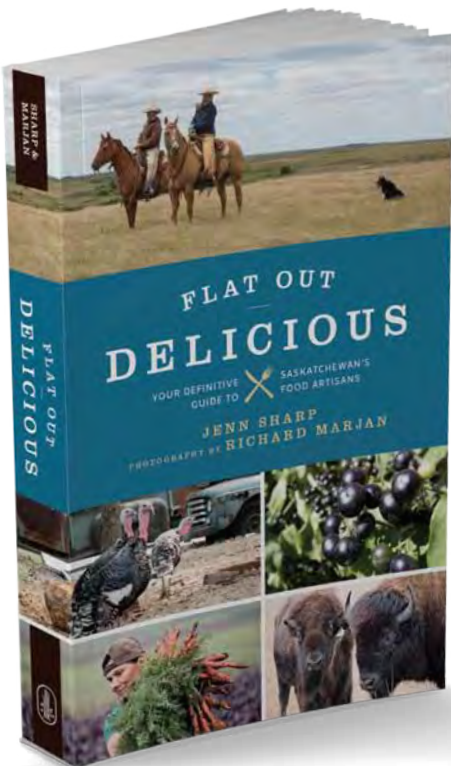
Sharon Butala

Freehand Books, July 2020

The Nipawin, Sask.-born writer defines old age as “the season of fury and wonder.” The fictional stories in her latest collection profile women who endure this tumultuous season. They’re women of experience, who’ve truly experienced life—and who’ve tasted its sweetness and had to swallow its bitter possibilities. Though diverse in circumstance, Butala’s heroines share an understanding of the past and a desire to find the meaning of life.



read,
relax,
repeat



FLAT OUT DELICIOUS
YOUR DEFINITIVE GUIDE TO
SASKATCHEWAN'S FOOD ARTISANS

Jenn Sharp

TouchWood Editions, April 2020

From southern grain fields and northern forests to city markets and small-town diners, Saskatchewan is the humble heartland of the nation's most delicious food. Saskatoon-based Sharp and photographer Richard Marjan spent four months travelling the province, chatting with ranchers, scouring market stalls and visiting local kitchens. The result is a compelling collection of intimate interviews that tell the story of Saskatchewan's unique food systems.

MRS ROMANOV

Lori Cayer

Porcupine's Quill, September 2018

The Winnipeg poet's latest collection features an unlikely protagonist: Alexandra, the last tsarina of Russia. Simultaneously sympathetic and gullible, she was a granddaughter of Queen Victoria, a dedicated dupe of the notorious Grigori Rasputin, loving wife to Tsar Nicholas II and mother to five doomed children. With empathy and emotion, Cayer presents a portrait of a royal whose concerns prove startlingly domestic.



DRAGON ASSASSIN

Arthur Slade

Scholastic Canada, December 2019

In this heart-pounding adventure by Saskatoon's Arthur Slade, readers will root for Carmen, a young assassin-in-training. She's desperate to finish ahead of her twin brother and the rest of the class at the Red Adept Assassin School. But when the emperor declares war on assassins, graduation night turns into the fight of her life as Carmen must figure out how to survive. At least she has a dragon on her side.



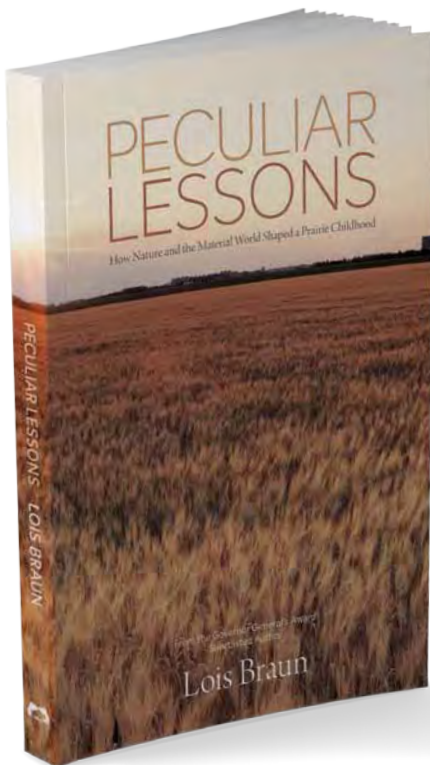
PECULIAR LESSONS

HOW NATURE AND THE MATERIAL WORLD SHAPED A PRAIRIE CHILDHOOD

Lois Braun

Great Plains Publications, May 2020

Part memoir, part social history, this essay collection explores the elements that shaped Braun's childhood on a grain farm in southern Manitoba. In a chapter about stone, the Altona-based author reflects on blackboard chalk and curling rocks. Elsewhere she ponders mirages and straight-line winds. Throughout the book, she looks back on her interactions with such elements—and how her responses influenced her evolution into adulthood.

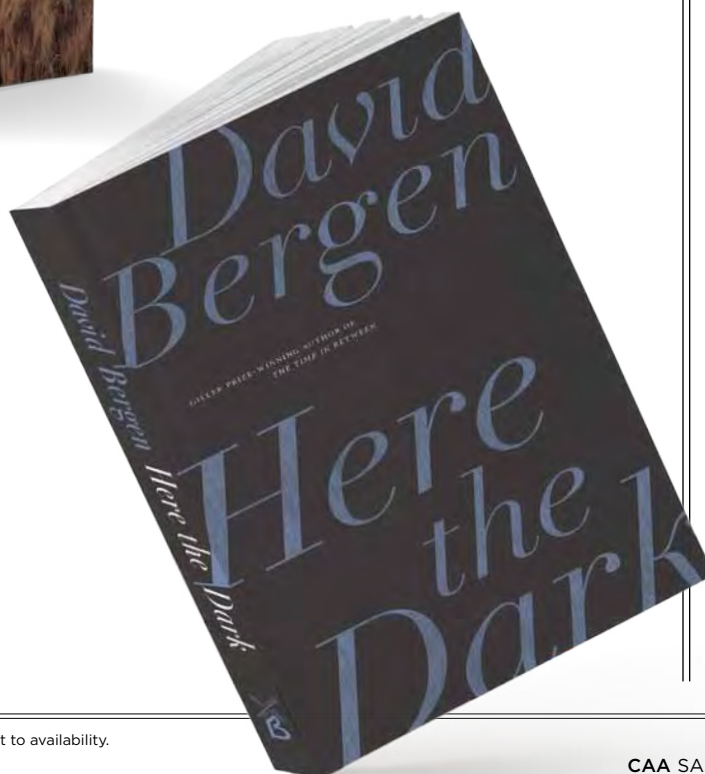


HERE THE DARK

David Bergen

Biblioasis, March 2020

The Giller Prize-winning author's new short story collection takes readers from the streets of Danang, Vietnam to the islands of Honduras to the Canadian prairies. A boy falls in with a young American missionary; lost fishermen drift on open waters; and an aging rancher finds himself smitten. Raised in Niverville, Man. and Port Edward, B.C., Bergen's latest tome deftly navigates complex moral ambiguities and asks what it means to be lost—and how we might be found.



GET COZY!

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AN ESSENTIAL SERVICE

Why you need a travel consultant now more than ever

BY KAREN KWAN



CAA's Erin Clifford (far left); Danielle Van Parys in Sydney (left)

AT 2 A.M. ON MARCH 22, Danielle Van Parys rushed to the Sydney airport. A few days prior, Prime Minister Trudeau told Canadians abroad it was time to come home: COVID-19 was officially a pandemic. After two days of research, CAA travel consultant Erin Clifford, who works at the CAA Yorkton Store, found Danielle an affordable flight from Australia. They knew they had to take a shot at getting her on that plane. "When complications crop up during a trip, it's nice to have a travel agent to handle the details," says Teri Lynn Van Parys, Danielle's mom, who had her own trip to the Galapagos cancelled due to the pandemic. In this digital age, it's tempting to book everything online. But travellers are realizing that now—more than ever—travel consultants provide an essential service.

EMERGENCY HELP IN A FLASH

As the world started to lock down, being on hold with an airline for 10 hours wasn't unheard of. Regina's Pam Labelle was vacationing in England when borders began closing. She called CAA travel consultant Susan Wingert. "Within hours, Susan emailed me a ticket for a flight the next day," Labelle says.

YEARS OF EXPERTISE

Frequent travellers themselves, consultants can also tap into the wealth of knowledge of their colleagues and worldwide contacts to make your trip the best it can be, from finding a hotel that suits your exact needs to fine-tuning your itinerary. "If I haven't been to a destination, someone in the office has!" Clifford says.

TRAVEL THERAPIST

It's an immense relief to reach a live person who will help when a travel situation goes awry. "We wear many hats," Clifford admits. "We genuinely care and have a real interest in your trip; I'll do the most I can to alleviate your stress," she says, adding that she followed each step of Danielle's journey home from Australia.

COST SAVINGS AND CONNECTIONS

CAA travel consultants can tap into the Global Distribution System, which shows all available flights at up-to-date prices from every airline. They can eliminate unfeasible connections and help you avoid hidden fees. And with travel likely to change dramatically post-COVID, they'll be trained on any new airport procedures.

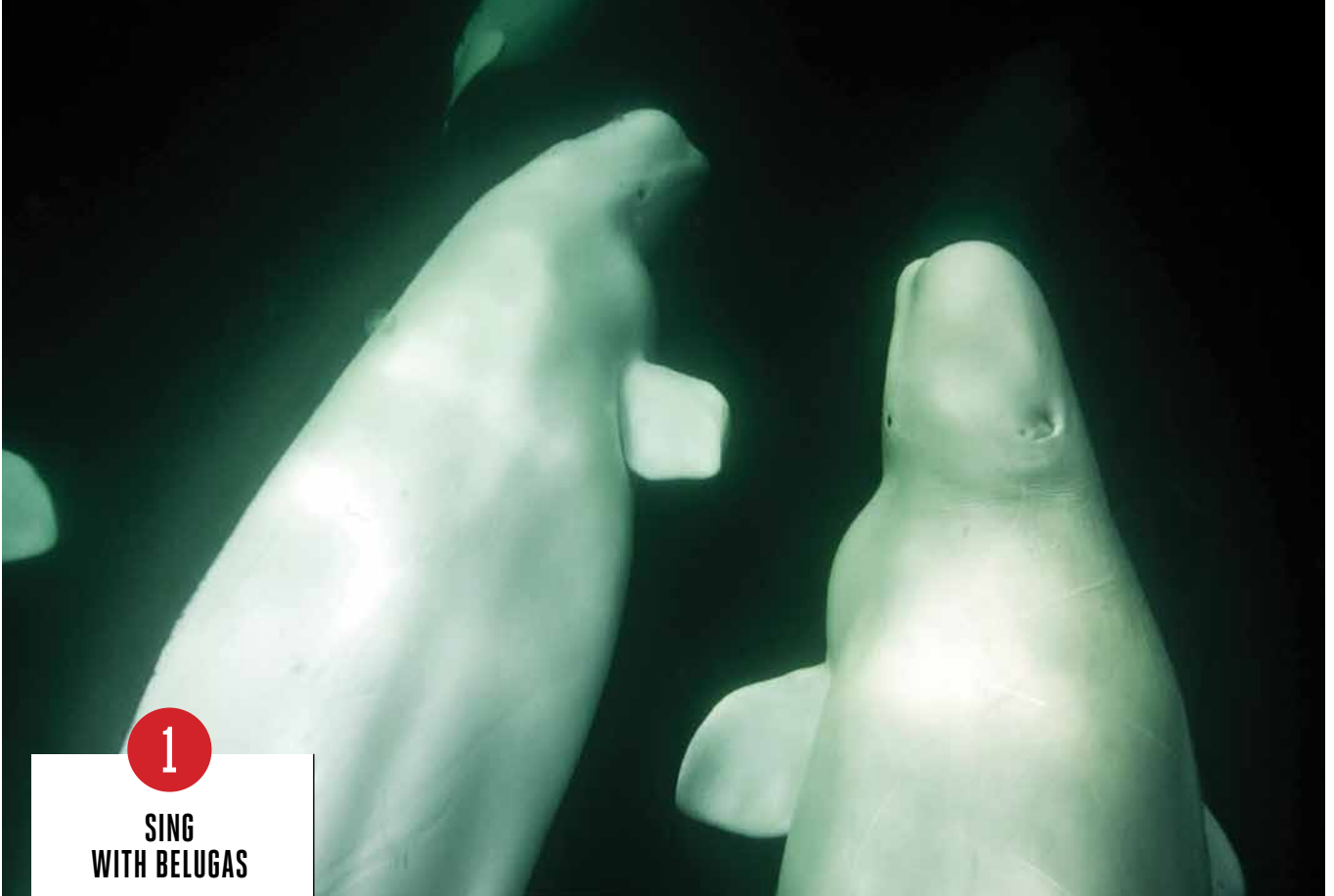
RICHER VACATION EXPERIENCES

Wingert knew her longtime client, Pam Labelle, had always wanted to visit Istanbul, and was able to find her a flight through Turkey. "It's not something she would've thought of on her own," she says. Consultants also have access to perks for travellers—discounts on excursions or wine in your hotel room upon arrival. **CAA**

CANADIANA COOL

Five of the coolest things to do in our home and native land. And you can do them all on WestWorld Tours' top Canadian tours

BY KAREN KWAN



1

SING WITH BELUGAS

The polar bears in Churchill get most of the fanfare. But come July and August, the beluga whales in Hudson Bay steal the limelight; nearly 60,000 of them summer here! These gentle and curious four-metre long creatures greet your zodiac with a song of chirps and whistles—be ready to belt out a tune yourself to hold the attention of these “canaries of the sea.”

2

FEEL SOME MARITIME MAGNETISM

It's all uphill from here! It seems to defy the laws of gravity: Put your car in neutral at the base of Moncton's Magnetic Hill and behold the experience of your vehicle being drawn up towards its peak. Though there are dozens of gravity hills around the world, New Brunswick boasts one of the most famous. Your brain simply won't be able to compute.



BELUGAS: RENATO GRANIERI/ALAMY; SIGN: ROBERT BIRD/ALAMY

3

GET SALTY

To add flavour to your Northwest Territories adventure, a stop at Fort Smith's shimmering white desert in Wood Buffalo National Park is a must on the menu. The 370 square kilometres of otherworldly crystalline land comprising the Salt Plains, where an ancient sea rested some 380 million years ago, now provides a spectacular salt lick for wildlife including bison, wolves and lynx.



4

WEAVE WITH WOOD

Immerse yourself in a heritage craft lesson with skilled artisans in Haida Gwaii. The intricate art of weaving cedar bark—used to make everything from blankets and baskets to hats and mats—reflects the

Haida people's connection to the land. In their culture, the art was taught and passed down from one generation to the next, but increasingly less so, making your souvenir skill that much more invaluable.

5

SEND OFF THE SALMON

You'll never look at the "king of fish" the same ever again once you witness the beauty of salmon working their way upstream. They jump ladders as they migrate to their spawning grounds at the Salmonid Interpretation Centre in Grand Falls-Windsor, Newfoundland Labrador. **CAA**

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CAASK.CA/REWARDS

**IN A GOOD LIGHT**

How to see and be seen on fall and winter roads

BY DALE EDWARD JOHNSON

THE CHANGING SEASON means shorter days. Those extra hours of darkness make proper use of headlights, taillights and high beams absolutely critical.

You need to see where you're going—and you need to be seen by other motorists and pedestrians. Improper light use during bad weather or conditions with reduced visibility can also increase your chance of a collision.

But fear not! A few basics and a little upkeep and care can light the way to safer driving.

“
Headlights must be switched on from half an hour after sunset until 30 minutes before sunrise

”

When to use

Under Saskatchewan law, headlights must be switched on from half an hour after sunset until 30 minutes before sunrise—or when visibility is poor. This might occur if there's snow, rain or fog. To be safe, though, SGI suggests keeping lights on whenever you drive.

Shine a light

Vehicles with automatic headlights have sensors to determine if you are in low light—like in a parking garage or sudden

storm—and the lights will turn on. Automatic headlights are different than daytime running lights, which always illuminate when a vehicle is in operation, but are more dim and don't illuminate the road like headlights.

High beams

When driving outside urban areas, high beams improve your range of sight, but they can also blind oncoming motorists. Dim lights about 450 metres from approaching vehicles and 60 metres when following. And do not look at the high beams of approaching traffic.

In fog and snow, it's better not to use high beams, which can amplify the appearance of flakes and mist.

Keep lights clean

Use a damp cloth to wipe them every week. Over time, plastic covers can break down and become cloudy, degrading light performance by up to 75 percent. Clean them with a headlight restoration kit or have them restored at a select CAA Approved Auto Repair Services (AARS) facility.

Maintain them

Once a month, make sure all of your vehicle lights are operational. And every 20,000 kilometres, ask your trusted repair shop to check if the headlights need to be adjusted to ensure they're properly pointed at the right angle. Suspension settling and changes over time can affect the headlight aim.

Trailer how-to

If you pull a trailer, confirm that its tail, brake and signal lights work properly. Check them when you hook up the trailer and again when you stop for fuel. The lights are crucial for those following you. On older trailers, look for any corroded wires and repair or replace as necessary. **CAA**



Charged Up

**A GROWING NUMBER
OF SASKATCHEWAN
MOTORISTS ARE BUYING
ELECTRIC CARS.
HERE'S WHY.**

BY ANDREW RAVEN





EV 101

A PRIMER TO GET YOU UP TO SPEED

Jeff Moore will never forget his first ride in an electric car.

It was spring 2018 and the Regina teacher was driving by a parking lot when he spotted a red Tesla Model 3. Its owner, a local electric-vehicle evangelist, was offering rides to anyone who wanted one. Moore and his wife hopped in. The drive was pleasant but uneventful—until the Tesla pulled onto Highway 1. The owner hammered the accelerator, instantly sending the Model 3's 250-plus horsepower to the rear wheels and vaulting the car forward.

“Our heads kicked back. I got a feeling in my stomach like I was on a roller coaster,” Moore recalls. “My wife and I looked at each other the second we stepped out of the car and said, ‘We are going to own one of those.’”

Two months later, the couple ordered a Model 3, joining a growing number of Saskatchewanians who have embraced electrified transportation. In 2019, there were 300-plus electric cars in the province, double the tally from 2016, according to the non-profit Saskatchewan Electric Vehicle Association (SEVA).

Those numbers are still small. In 2018, there were more than 900,000 motor vehicles registered in the province. But converts think Saskatchewan is nearing an electric car tipping point. They believe falling prices, technological advancements and an expanding network of charging stations have, finally, made it possible for the average person to quit the internal combustion engine. “The gasoline thing is kind of starting to show its age,” says Matthew Pointer, president of SEVA. “Electric vehicles are here to stay, for sure.”

While many consider electric cars the way of the future, technology is almost 200 years old. The first crude electric car was built in 1832; by the turn of the 20th century, they comprised a third of vehicles on American roads, according to the »

①

HOW DO ELECTRIC CARS WORK?

The answer is a little complex. There are currently three main types of electric cars. **Battery electric vehicles** are the archetypal option. Pioneered by the likes of Tesla, these cars run entirely on electricity and must be plugged in to charge. One rung down the electric ladder are **plug-in hybrids**. They have both an electric motor and an internal combustion engine. A small battery pack allows for some all-electric driving (usually under 100 kilometres) and once it's spent, the internal combustion engine kicks in. Finally, there are **hybrid electric vehicles**, like the original Toyota Prius. They have an electric motor and a gas engine—but unlike plug-in hybrids, they cannot be charged from the grid.

②

WHY BUY AN ELECTRIC CAR?

First and foremost, they're better for the environment. Battery electric vehicles don't emit planet-warming greenhouse gases. (That said, since you'll likely charge them from the electric grid, their overall carbon footprint depends on how your province generates power.) They're also much less expensive to fuel than gas-burning cars. And because they have fewer moving parts, electric motors are relatively cheaper to maintain. The 2° Institute, a British Columbia think tank, estimates that car owners in Saskatchewan could save more than \$2,700 annually on fuel and upkeep by going electric.

③

WHAT ARE THE DRAWBACKS?

New battery-electric vehicles are expensive to purchase; some cost twice as much as similarly specced gas-powered cars. Also, many can't travel as far on a single charge as a gas car can on a tank of fuel. But the gap is closing: Most entry-level EVs can now travel at least 200 kilometres per charge and high-end Teslas can cover around 600 kilometres. However, cold temperatures can tax an EV's battery. One vehicle tested by CAA lost a third of its charge in chilly weather and 50 percent of its capacity in temperatures below -25 C. Finally, for now, choice is limited. Most electric vehicles are sedans and compact crossovers.

LEARN MORE

Find out more at caa.ca/electric-vehicles. And don't miss National Drive Electric Week from Sept. 26 to Oct. 4.



United States Department of Energy. But the advent of cheap, mass-produced gas cars, like Ford’s Model T, spelled the end of those “first gen” electrics.

Things began to change, however, in 2010, when Nissan unveiled the Leaf, the world’s first mass-market electric vehicle. Scores of carmakers, under pressure to reduce emissions, soon followed suit with their own battery-powered cars. While eco-friendly, many of those early models were dogged by short ranges, middling performance and questionable styling. (*Car and Driver* magazine called the 2011 Leaf “embarrassing.”)

Today’s electric cars are different animals. Their looks are mainstream. They can travel upwards of 600 kilometres on a charge. And, thanks to the instant power provided by electric motors, they can be fast. Tesla’s Model S P100D sedan rockets from 0 to 60 mph in 2.28 seconds, making it quicker than a Lamborghini Aventador.

They’re also getting easier to charge away from home, eliminating the range anxiety that haunted many early adopters. According

**Tesla’s
Model S P100D
rockets from
0 to 60 mph in
2.28 seconds
making it
quicker than
a Lamborghini
Aventador.**



to the federal government, there are now more than 5,000 public electric car charging stations across Canada, including 43 in Saskatchewan. Ten of those are so-called fast chargers, which can top up a battery in under an hour.

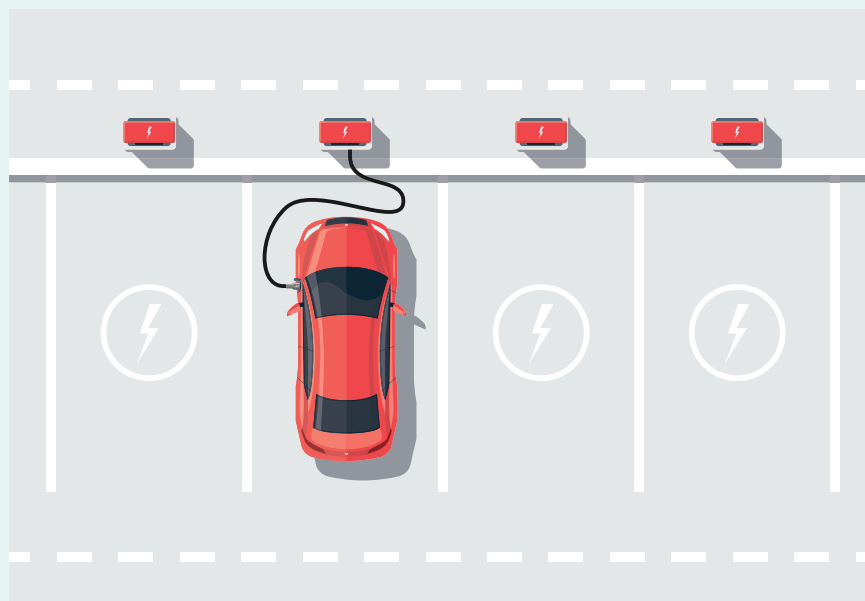
Charging is so pervasive that Pointer drove his Tesla Model 3 from Regina to San Francisco last summer. “Maybe a couple of years ago, friends might have thought I was crazy,” he says. “But now the infrastructure is starting to get so good and the charging rates are starting to get so fast, there are only negligible differences between a gas car and electric vehicle.”

Pointer isn’t the only one who’s gotten over his range anxiety. A 2017 study by CAA found more than half of those surveyed consider electric cars to be reliable. The study also reported 14 percent think it will take just 10 years for all cars to be zero-emission models.

Zero-emission vehicles only accounted for 3.5 percent of national car sales in the third quarter of 2019, according to advocacy group, Electric Mobility Canada. But industry

Fill'er Up

HOW AND WHERE TO CHARGE AN ELECTRIC CAR



HOW

EVs are charged just like any other electronic device: with a power cable plugged into an outlet. One wrinkle, however, is that electric cars charge at three different speeds.



LEVEL 1

Plug into a regular three-pronged outlet. But at just 110 or 120 volts, the charge will be glacial—think *days* for cars with bigger batteries.



LEVEL 2

Most owners install a 240-volt power supply (the same type used for ovens and clothes dryers). It'll replenish an EV battery overnight.



LEVEL 3

Often called DC fast charging, this commercial-grade charger is more rare and isn't compatible with all vehicles. The 480-volt charger can power up an electric car in less than an hour.

WHERE

Alberta, Saskatchewan and Manitoba have about 300 public charging stations between them. There are also more than 880 such stations in B.C. and nearly 1,300 in Ontario. You can find stations on the website of Natural Resources Canada, in your car's navigation system, through city websites and on smartphone apps like PlugShare.

Thanks to falling prices and greater choice, the research arm of Bloomberg media predicts EVs will outsell their gas-burning counterparts by 2038.

experts say there's no stopping the eventual decline of the internal combustion engine. The world's biggest automakers have announced investments totaling \$300 billion in new electric models. Thanks to falling prices and greater choice, the research arm of Bloomberg media predicts EVs will outsell their gas-burning counterparts by 2038.

"A lot of people have misconceptions about electric vehicles," says Moore, the Regina teacher. "We just have to get the word out. I think in the next 10 years, Saskatchewan streets are going to look very different." CAA

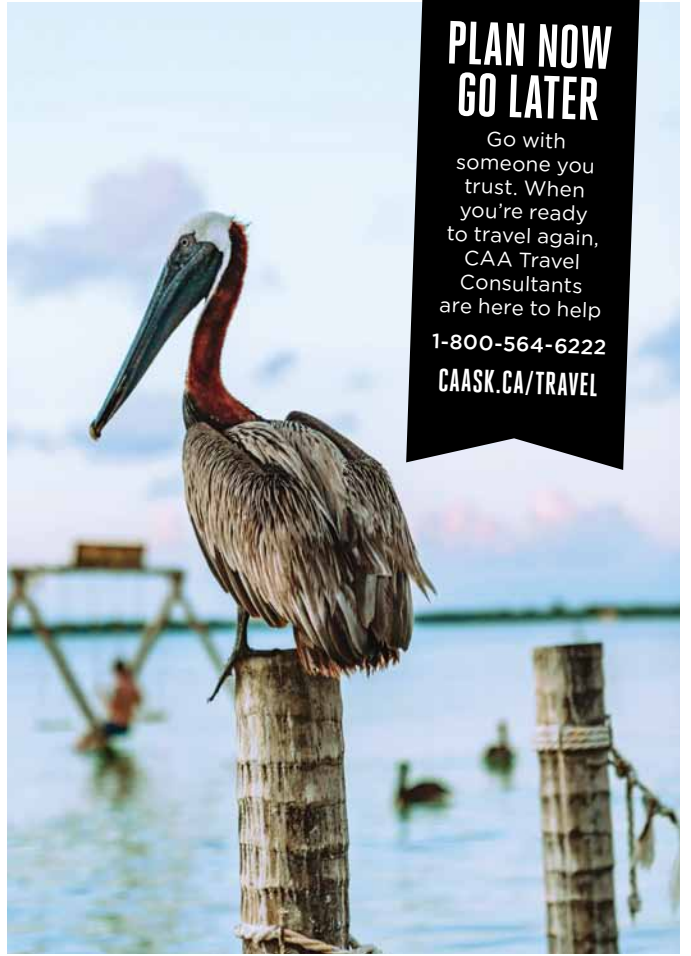
Beautiful Belize

LAID-BACK
LIVING ON
BELIZE'S
AMBERGRIS
CAYE

BY LOLA AUGUSTINE BROWN



FISH TALES
Anglers delight
in trolling the
rich waters off
the coast of
Ambergris Caye



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WHERE'S THE REEF?

Snorkelling in Hol Chan Marine Reserve offers up-close encounters with abundant sealife, like nurse sharks (left); dive shops and snorkel tours are plentiful (opposite)

cleans and fillets the fish, and I take it to the kitchen at Victoria House, my home away from home on Ambergris Caye. Later that night, I savour every delicious bite of my catch, which has been pleasingly prepared as a ceviche.

THE SWIM OF THINGS

Sandwiched between mainland Belize and the Caribbean Sea, Ambergris Caye was first settled by the Maya around 250 BC. Known as “La Isla Bonita,” the island lives up to its moniker with turquoise waters, white-sand beaches and the world’s second largest coral reef.

Victoria House is an intimate beachfront resort on the southern end of the caye, not far from buzzy San Pedro, the island’s largest town. I pass a pleasant afternoon at the resort’s spa, indulging in a coconut oil body scrub and massage. During my glorious outdoor shower, I realize I’m not alone as a huge iguana perches on the wall above the showerhead. It seems everyone wants to relax on Ambergris Caye!

Most visitors head to the island for Hol Chan Marine Reserve, which forms part of the Northern Hemisphere’s largest reef system. Unlike other reefs, this ecosystem is healthy with plenty of bright coral and marine life, from barracuda to bright green moray eels to rainbow-hued parrotfish.

The reserve is easily accessed by boat or even kayak from some beaches. On an excursion to Shark Ray Alley—an aptly named area where gentle nurse sharks congregate—I snorkel with stingrays and dozens of sharks, some up to three metres long. “They’re gentle as puppies,” a smiling guide reassures me.

LIKE A LOCAL

“Belize is such a wonderful destination for Canadians,” says Derek Angele, Saskatchewan native and owner of Big SUP Belize, a stand-up paddleboard shop in San Pedro. “It’s a small English-speaking Commonwealth country »

“That feels like a big one; a real nice fishie.”

Captain Alberto Bradley makes the declaration as he clips a rod to the harness strapped to my chest. I try to slowly reel it in. But the nice big fishie—possibly an amberjack or mackerel, according to Captain Bradley—snatches both my bait and hook before swimming to freedom.

I’ve chosen the perfect spot for my first foray into deep-sea fishing: just past the protected reef system of the Hol Chan Marine Reserve near the coast of Ambergris Caye, Belize. The Caribbean island is perfectly situated on the southern tip of the Yucatán Peninsula, and boasts laid-back beaches along with eco experiences and adventurous pursuits.

The choppy boat ride out to Captain Bradley’s favourite fishing hole had been thrilling. With the wind in my hair, flashes of silver danced on the water as ballyhoos, a common Belizean fish species with sword-like beaks, jumped out of the glittering water to chase our boat.

After my first failed attempt at landing a big one, I eventually do manage to snag a mackerel that’s as long as my arm. The captain swiftly

“There aren't many roads on Ambergris Caye, so it's very hard to get lost”

Daily Tours

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½ or full-Day
Tour

Diving

- * Blue hole
- * Hol - Chan
- * Caye Caul Key
- Marine Reserve

* Manatee
Watch
Full-Day Excursion

- * Cave Tubing,
- * A.T.M. Cave,
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- * Maya - Ruins
- All main land Tours
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Fishing Trip

- ½ or full-Day Tour
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 - * Spin Cast Fishing
 - * Deep Sea Fishing



Very - Day - Trip

Hol - Chan Marine Res.
25 - Min boat ride
3 - Ama stop.

Hol - Chan channel
Sh - bay alley
Cave Caul Key
Lunch @ retro
Leave: 10:30 am 4:30 pm

Local - Reef Snorkeling,
Caye Caul Key Marine Res.
3 - Min boat ride
3 - Awe Some Stop

Coral - Garden
Sting - Yag Village
Swash

2 - Trip per day
Leave: 10:30 am 7:30 pm
Or 2:00 pm 5:00 pm

Small Group
Eco - Friendly
Slow





“Belize is way more authentic than many other built-up destinations”

that’s way more authentic than many other built-up destinations.” Angele loves that Ambergris Caye is paradise for water sports enthusiasts: “The reef acts as a natural barrier, protecting the island and providing underwater adventures just minutes from shore.”

Another island advantage? There aren’t many roads, so it’s very hard to get lost on Ambergris Caye. I cycle the flat route to town one day and stumble upon several beachfront bars and restaurants—before I end up sipping a chocolate milkshake at Belize Chocolate Company, a bean-to-bar store that uses locally grown cacao and cane sugar. They also host chocolate-making workshops for the culinary curious.

Seeking more thirst-quenching libations later that evening, I ask hotel receptionist Abi Moh Najarro for her beach bar recommendations. In the true island fashion, she offers to take me to her favourite. Accompanied by her husband Greg, we make our way by golf cart to Rojo Lounge, a chilled-out bar on a perfect stretch of beach. A massive red parrot greets us with a screechy “Hullo!” Thus welcomed, we proceed to enjoy massive piña coladas until the sun starts to set.

Heading back to the resort, we pop into the Truck Stop, a shipping container food



park with a bar that hosts quiz nights and family movies. The park also houses a gelato shop and containers selling Malaysian and Latin American snacks. On hot days, there’s a pool overlooking the ocean, free for anyone eating or hanging at the park. Before calling it a night, Abi and Greg share a few other must-sees on the island: Black and White Garifuna Restaurant for traditional island cooking is top of their list.

LA ISLA BONITA

On my last night on Ambergris Caye, I grab a table at Black and White to experience Garifuna cuisine. Descended from West African slaves and native Carib and Arawak peoples, the Garifuna have happily coexisted with other Belizean cultures for centuries.

“There’s no division here,” says Julia Martinez, a retired teacher who opened the restaurant to share the foods of her people. She serves me a lick-the-bowl-delicious lobster stew simmered in coconut milk broth with shredded coconut and boiled green plantain. It’s culture in edible form.

Before my airport transfer to catch my flight home, I take a leisurely bike ride around town. On my way back to the hotel, I cycle past a mural emblazoned with “La Isla Bonita.” The Madonna lyrics quickly fill my head and I start to sing aloud: “*I fell in love with San Pedro.*” Truer words have never been written. I fell in love with Ambergris Caye and I can’t wait to return. “*This is where I long to be.*” CAA

LOCAL FLAVOUR

Get hands-on at Belize Chocolate Company with DIY cocoa treats (above left); order a tropical cocktail at the Truck Stop (above right)

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by JENNIFER ALLFORD



NEIL COOPER/UNSPLASH

Reflecting on
Alberta's Lake Louise



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ROAD TRIP!

BECAUSE THE BEST WAY TO SEE THE ROCKIES IS BY CAR, WITH A FEW FUN PIT STOPS ALONG THE WAY



Mount Revelstoke National Park; Columbia Icefield Skywalk (top)

HWY 93

LAKE LOUISE TO JASPER

This is one of the most beautiful drives in the world. With hundreds of peaks and glaciers, stunning mountain lakes and powerful waterfalls, each turn presents more outstanding scenery than the last. Plan to pull over a lot. Along the 230-kilometre stretch of road, also called the Icefields Parkway, you'll find the Columbia Icefield Discovery Centre, where you can tour the Athabasca Glacier. Farther north, walk out along the glass-bottomed Skywalk and gaze 280 metres down to the canyon floor. As you navigate the enormous hairpin turn aptly called the Big Bend, give a nod to the 600 men who first built the highway—mostly by hand—in the 1930s as a government make-work project.

HWY 11

ROCKY MOUNTAIN HOUSE TO SASKATCHEWAN CROSSING

It may be the road less travelled, but that doesn't mean it's any less magnificent. Heading west from the small town of Rocky Mountain House, you'll marvel as the vista

morphs from foothills to mountains. At Nordegg, a former mining town turned outdoor adventure hot spot, head out fishing or hiking for the day. A little farther west, pull over and unpack a picnic at Abraham Lake, a vast man-made lake filled with natural mountain-blue water. All along the 180-kilometre route, watch for bears, moose and other wildlife. At Saskatchewan Crossing, where the Mistaya and Howse rivers meet the North Saskatchewan, turn right to check out Jasper, or turn left to go to Lake Louise.

HWY 1 (TRANS-CANADA HIGHWAY)
LAKE LOUISE TO REVELSTOKE

This 230-kilometre route takes you through Canadian railway history, across thrilling mountain passes and into quirky towns. Keep an eye out for the Spiral Tunnels, which have enabled trains to navigate Kicking Horse Pass since 1909. Your first stop west of Lake Louise is the little town of Field, B.C., with its legendary Truffle Pigs bistro. Next, pop into Golden to hit up the museum—to learn about early explorers—or the art gallery to see pieces by local artisans. At the Rogers

Pass Discovery Centre in Glacier National Park, learn how the railway was built through the mountains. And in Mount Revelstoke National Park, east of the town of Revelstoke, go for a stroll amidst ancient forest along the Giant Cedars Boardwalk.

HWY 93/95
CRANBROOK TO RADIUM HOT SPRINGS

In British Columbia, this gentle 144-kilometre drive between the Rocky and Purcell mountains takes you past rushing rivers, long beautiful lakes, golf courses and plenty of bighorn sheep. From the outdoorsy town of Cranbrook, wend your way north to explore the Kimberley Nature Park, which boasts hiking adventures ranging from easy to very challenging. Farther on, hit the links, dip into the hot springs at Fairmont and Radium or walk the beaches of Lake Windermere. In the town of Invermere, peruse local boutiques before heading to Radium, just outside Kootenay National Park, to drive alongside remarkable cliffs. Slow down and look up to count the bighorn sheep. From Radium, you can go east to head back to Alberta or turn north toward Golden, B.C. »



DRIVING TIPS

1
 Before driving through the Rockies, make sure your vehicle is in tip-top shape. A breakdown could mean a long wait, due to accessibility challenges.

2
 Fuel up before setting off so you have a full tank of gas or charge for your EV.

3
 Keep your eyes on the road: You'll still see jaw-dropping views as you safely drive around bends.

4
 Take advantage of the frequent lookouts on many routes to pull over and gaze at the peaks.

5
 The speed limit is lower in national parks due to abundant wildlife. Slow down, clear your windshield for visibility and scan both sides of the road for animals.

6
 The biggest risk for hitting wildlife is from October to January, between 7 p.m. and 11 p.m. In Alberta, November is the peak month for wildlife-vehicle collisions and most of those collisions (80 percent) involve deer.

7
 Ease up on the gas pedal and enjoy every kilometre of the Rockies' glorious scenery.



Soak in the mineral water of Radium Hot Springs

SPRING: IMAGINEGOLF/ISTOCK; CAR: BANIFF & LAKE LOUISE TOURISM



PICK A PEAK

MUST-SEE MOUNTAINS AND THEIR HIDDEN HISTORIES



1. CASTLE MOUNTAIN

Banff National Park

Elevation: 2,766 m

Best views: Hwy 1, Hwy 93

In 1946, Prime Minister Mackenzie King abruptly renamed Castle Mountain to Mount Eisenhower the day before a visit by the American president. People were outraged. In 1979, the mountain was finally re-named—but its eastern elevation is still called Eisenhower Peak.

2. HA LING PEAK

Bow River Valley

Elevation: 2,408 m

Best views: Hwy 1, 1A, 742

In 1896, Ha Ling, a cook in a mining camp, bet his coworkers \$50 he could climb the mountain, plant a flag and be back in Canmore within 10 hours. Word is he did it in five-and-a-half. Another version of the story says Lee Poon was the Chinese cook who won a \$10 bet.

3. MOUNT ASSINIBOINE

Alberta-B.C. border

Elevation: 3,618 m

Best view: Hwy 742

In the late 1800s, a geologist was watching a cloud trail away from the massive mountain and was reminded of smoke leaving a tipi in an Assiniboine camp. Mount Assiniboine is also called “the Matterhorn of the Rockies” because it resembles the famous peak in the Swiss Alps.



SEE IT WITH CAA

ROCKY MOUNTAINEER CAA VACATIONS

Another unique way to experience the Rockies is by train. With its glass-domed cars, the Rocky Mountaineer offers panoramic mountain views. Stops include Vancouver, Kamloops, Jasper, Quesnel, Whistler and Banff/Lake Louise. Choose from three rail routes and various package options, including Circle Journeys, which combine two routes. All trips include locally inspired cuisine, from Fraser River salmon to Okanagan wines.

CAA Members receive up to \$200 merchandise credit per adult to use onboard when booking a Circle Journey package.

CONTACT A CAA TRAVEL CONSULTANT
 1-800-564-6222
 CAASK.CA/TRAVEL

4. MOUNT CHEPHREN

Banff National Park
Elevation: 3,266 m
Best view: Hwy 93N

In 1918, there was concern too many mountains were called “Pyramid.” A Jasper-area mountaineer suggested this Pyramid Mountain be renamed for a pharaoh that built one of the Great Pyramids. Chephren was the fourth pharaoh of the Fourth Dynasty of Egypt in the 16th century BC.

5. MOUNT EDITH CAVELL

Jasper National Park
Elevation: 3,363 m
Best views: Hwys 16, 93

Edith Cavell was a British nurse who helped Allied soldiers escape German-occupied Belgium in WWI before being executed by the Germans. A few months later, in March 1916, the peak originally called Mount Fitzhugh was renamed to honour the courageous nurse who’d never set foot in Canada. »

MAN: ROCKY MOUNTAINEER



HOW TO CLIMB A MOUNTAIN

WHETHER YOU GO ON A LITTLE HIKE OR SHOOT FOR THE TOP, PARKS CANADA ADVISES YOU PLAN AHEAD, KNOW YOUR LIMITS AND BRING PROPER GEAR

1 Check conditions before you head out and have a plan of where you're going. Share it with someone at home, in case you run into trouble.

2 Make sure your cell phone is fully charged—and always pack a backup battery in case of emergencies.

3 Ensure everyone in your party has the physical ability to tackle the chosen route. Don't wear earphones. Stay alert at all times.

4 Wear comfortable hiking shoes or boots, a hat, sunscreen and a few layers of clothing—the weather can change quickly in the mountains.

Bring lots of water and snacks and a first aid kit.

5 Make a lot of noise on the trail to keep bears away, but also make sure you have bear spray.

6 Don't litter or leave any garbage behind. If hiking with Fido, always use a leash and clean up after him.

PADDLE, PEDAL, POOL

THREE UNIQUE WAYS TO EXPERIENCE THE BEST OF THE ROCKIES



CANOE ON PYRAMID LAKE

Paddling is optional in Wild Current Outfitters' big cedar-strip canoe. While guides paddle across the lake, guests can row or sit back and look for osprey, loons, beavers, wolves, moose and bears. Hop out on shore for a snack and a primer on grizzly and black bear tracking.

SOAK IN FAIRMONT HOT SPRINGS

After a long drive or hike, relax with a soak in the pool at Fairmont Hot Springs. With naturally heated waters full of minerals, hot springs are known to boost metabolism, soothe sore muscles and improve blood circulation. Enjoying the view of the mountains is pretty good for you too.

RIDE THE GREAT DIVIDE

From the Great Divide trailhead near Lake Louise, hop on a mountain bike for a gentle 20-km ride on the mostly flat ride trail that used to be Highway 1A. You'll see the old Great Divide arch, marking the border between Alberta and B.C. After posing for the requisite pictures at the '60s-era signage, you may want to venture a few clicks farther into B.C.'s Yoho National Park. **CAA**

SAVE WITH CAA

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48 HOURS IN WINNIPEG

Polar bear viewing in Churchill is a once-in-lifetime trip, but why stop there? A stopover in Winnipeg before or after your polar expedition is the perfect way to find your heart in Manitoba. With winter fun like this, who has time to hibernate?

DAY 1

Check in at the **Inn at the Forks**, a chic riverside hotel and the perfect base for exploring **The Forks**. Nestled at the confluence of the Red and Assiniboine rivers, The Forks has been a gathering place for 6,000 years.

Get a sense of First Nations' history by downloading the Forks' **audio walking tour** (available at theforks.com). It'll take you around outdoor murals and several art installations by Indigenous artists, including *Niimaamaa*—a sculpture of a pregnant woman, representing Mother Earth.

Visiting in January? Do a lap on the frozen river's skating trail with cozy pit stops in architect-designed warming

WINNIPEG'S WINTER WONDERLAND

Crokicurl at The Forks (top left); pints and other tasty treats at The Common (above)

huts. Or try your luck at **crokicurl**—a cross between crokinole and curling that originated in Winnipeg—before grabbing a bite at The Forks Market, where you'll find everything from sushi to empanadas. Order a glass of wine or beer at **The Common** while you wander around the market, perusing food stalls.

Drive past the impressive Manitoba Legislative building as you head to the **Assiniboine Park Zoo**. The zoo's "Journey to Churchill" exhibit is a perfect northern primer. Observe polar bears and ring seals as you learn about tundra coastline and wildlife.

Cap off your day with dinner at **Enoteca**, a bistro in River Heights. Chef Scott Bagshaw serves up innovative twists on classic Italian fare that'll make taste buds dance with delight.

DAY 2

Start your morning in the historic Exchange District at one of Winnipeg's most acclaimed brunch spots. **Clementine's** international menu includes dishes like Turkish eggs, served with hummus and chili butter, or Spanish-style oatmeal.

Walk over to the **Manitoba Museum** to learn about the province's human and natural history. Be sure to board the *Nonsuch*, a life-size replica of a 17th-century merchant ship.

Cross the Red River via the elegant Provencher Bridge, which links downtown with **St. Boniface**, Winnipeg's French quarter. Order café au lait at Café Postale



before stopping at Bothwell Fromagerie, which stocks Manitoba-made cheese.

Make your way to the **Musée de Saint-Boniface**. Originally a 19th-century convent, the museum details the history of French-Canadian and Métis communities in Western Canada.

For some downtime, try the Nordic spa, **Thermëa**, nestled in a lovely wooded area south of the downtown core. Do the full circuit of treatments including outdoor pools and saunas.

Wrap up your time in the 'Peg on a flavourful note with a helping of sugar cane shrimp and pho at Vietnamese eatery **Pho Hoang** in hip Osborne Village. It'll keep you craving a second visit to this vibrant city!

WEEKENDER

Neighbourhoods | Local Fun | Things To Do

SUBJECT TO CHANGE

Due to the pandemic, some sites and attractions may still be closed. Always check ahead before visiting



MAKE A SPLASH

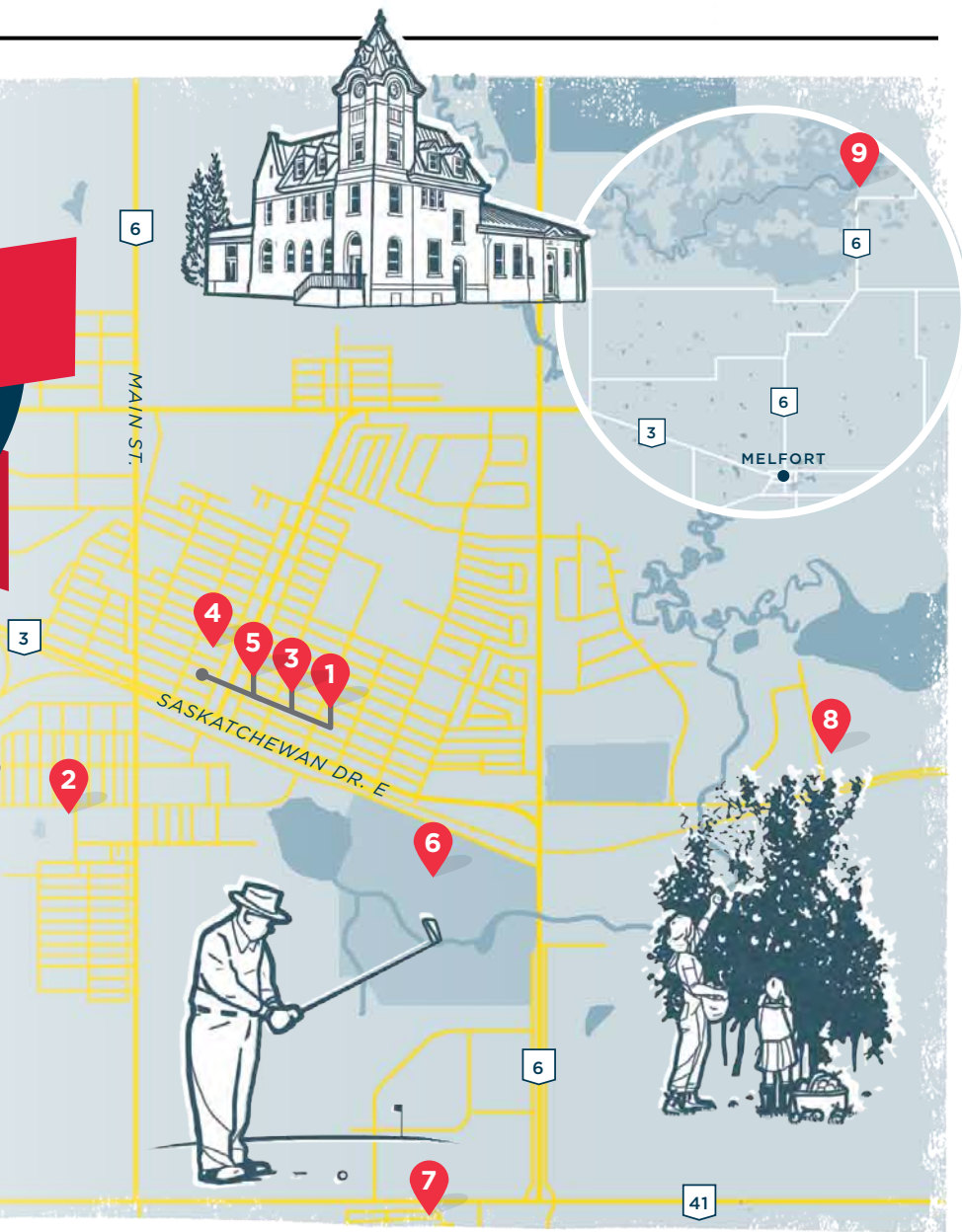
As the province opens up again, there's never been a better time to rediscover Saskatchewan!

NORTHERN LIGHTS PALACE POOL

MELFORT

BY NAOMI HANSEN

WITH A BUSTLING city centre, quaint local shops and a host of family activities, it's fitting that "Play Melfort" is the motto of this central Saskatchewan city. Fall is a lovely time to visit as stunning scenery comes alive. If you're lucky, you might glimpse the northern lights dance across the sky.

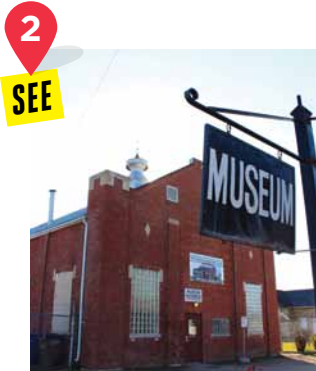


OUT AND ABOUT



1
EAT

The charming interior at **RJ's Urban Garden Cafe's** is matched only by its unique eats, including duck spring rolls, a turkey dill burger and chocolate raspberry mousse. *101 B Burrows Ave. W.*



2
SEE

The **Melfort & District Museum** is a must-see for vintage farm finds and its replica pioneer village with a blacksmith, barber shop, general store and more. *401 Melfort St. W.*



3
INDULGE

For a classic Melfort treat, visit the **Golden Grain Bakery** and pick up a bismark, a jam-filled donut topped with icing. It pairs perfectly with a steaming cup of coffee! *108 Burrows Ave. W.*



4
SOAK

Head to the **Northern Lights Palace Pool** on a chilly day to zip down the waterslide and float in a wave pool. Grownups can warm up in the hot tub and sauna. *110 MacLeod Ave. W.*

ILLUSTRATIONS: JASON SCHNEIDER; 2: NAOMI HANSEN; 4: TOURISM SASKATCHEWAN/ROB WEITZEL GRAPHIC PRODUCTIONS



5

FINDERS KEEPERS

Michael Shmyr is drawn to the odd and unusual. As proprietor of **Prairie Boys Antiques**, Melfort's only antique shop, Shmyr sources most of his wares from the surrounding area. If there's a barn to clear, he'll be first in line. Shmyr's shop is filled with treasures and trinkets for a unique souvenir.

What are your favourite spots in town?

The Northern Lights Gallery has lots of stuff from local Saskatchewan artists—wood carvings, paintings, pottery—you name it, it's there! The historic Post Office on Main Street is really cool.

It's one of the city's main landmarks, erected in 1912. They occasionally host events too.

Are there activities for kids too?

The Spruce Haven Recreation Area is fantastic. There are ball diamonds

and walking paths that stretch for many kilometres. For fall leaf peeping, it's definitely the spot I would visit. There's also the Melfort Skatepark, which is top-notch. I can't board myself, but my kids love it!

Why is Melfort worth a look?

I'm a small-town guy, so I like that it's quiet. But it's still got all the amenities; everything you need is right here. Melfort is very accessible from many parts of the province, so I get lots of people who drive down for the weekend and pop into the shop. When you come in here, you never know what you might find. That's the fun part!



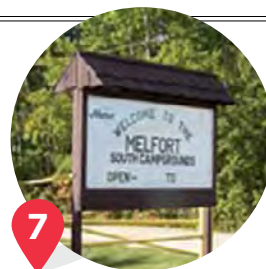
FOLIAGE & FUN

Soak up fresh outdoor air with fun activities and camera-ready scenery



6

Squeeze in a fall round at the **Melfort Golf and Country Club**, which is known for its challenging greens. Grab a meal or beverage in the dining room to cap off the day.



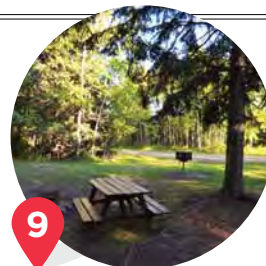
7

Spend a night at **Melfort Campground**, located just outside the city and surrounded by gorgeous nature, peace and quiet. Depending on the weather, it's open until the end of September.



8

Head to **Creekside Orchard** in autumn for U-pick apples. You can also stock up on homemade jams, jellies and syrups.



9

Just 30 minutes from Melfort, **Wapiti Valley Regional Park** sits on the banks of the Saskatchewan River and Codette Lake. Pack a lunch and stop at a picnic site for top-notch leaf peeping. **CAA**

ROAM FROM HOME

See the world from the comfort of home with virtual experiences across Canada and around the globe

BY KELLIE DAVENPORT



MACHU PICCHU

WORLD OF WONDER

MACHU PICCHU TOPS many travel bucket lists. While a trek to the 15th-century citadel may not be possible, armchair travellers can experience the Peruvian site with YouVisit's virtual tour (youvisit.com/tour/machupicchu). Your online

guide provides factoids about Inca architecture, history and daily life along with 360-degree views—minus the hike or altitude sickness!

Other continents offer wondrous sites, but you can also find fascinating stories closer to home. *Canada's Calling*, a podcast curated by British Columbians Ashley Bryden and Mike Pedersen, explores the people and places that make our country great.

Download the Nunavut episode to learn about life in the Arctic, from frozen landscapes to the warm humour of the Inuit. Find it on Apple, Google or Spotify podcasts.

Even though Marvel maniacs can't visit a Disney park right now, they can learn to draw a superhero. Get spidey senses tingling with a step-by-step tutorial on how to draw Spider-Man (youtube.com/Marvel).



Lounging in the turquoise water of Iceland's Blue Lagoon has become a rite of passage for many travellers. Indulge in an at-home spa experience with a silica mud mask from bluelagoon.com/shop. Sourced directly from the popular pond, the goopy paste cleanses, reduces pore visibility and feels fantastically refreshing.

ANIMAL CAMS

Welcome wildlife into your home with livestreams

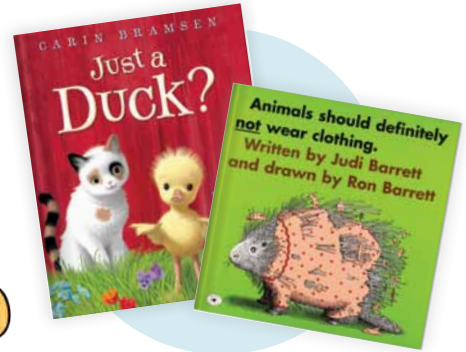
It's cuteness overload on the **San Diego Zoo's Penguin Cam!** Watch the tuxedoed flock toddle around their unique Africa-inspired habitat. sandiegozoo.org

For a mesmerizing mental break, check out the **Vancouver Aquarium's jelly cam.** Pacific sea nettles glide around their tank in an underwater ballet. vanaqua.org

Bird watchers can relax with Bubo, the **Saskatchewan Science Centre's** rescued great horned owl. He's been grounded since losing a wing in the wild. sasksciencecentre.com

#NATUREFROMHOME

All you need for a fix is a Wi-Fi connection



Royal Saskatchewan Museum

Animal tales come to life in "Storytime with Gail," narrated by the museum's storyteller-in-chief. Budding zoologists can watch and listen to critter chronicles like *Just a Duck?*, *Animals Should Definitely Not Wear Clothing* and *Sweetest Kulu*. royalsaskmuseum.ca

HOW TO MAKE A HAWAIIAN LEI

Add some tropical flair with a DIY lei. For centuries, Hawaiians have made and given leis to show friendship, love and honour. They're bestowed at special celebrations like birthdays and graduations, or simply to brighten someone's day.

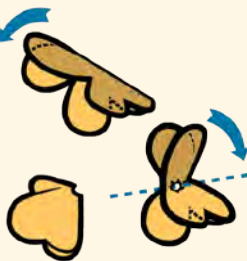


1 Cut a piece of coloured paper into small squares. Draw a flower pattern on one piece.



2 With a few paper squares stacked beneath it, cut around the flower. Trace and cut the pattern until you have about 20 paper flowers.

3 Fold each flower in half twice and snip the corner to create a hole in the centre of each flower.



4 Cut plastic or paper straws into one-inch sections. Measure and cut yarn to desired length of lei.



5 Tie one end of yarn to a toothpick. Thread toothpick through a straw followed by a flower. Continue threading until yarn is nearly full; tie ends together.



6 Aloha! Your lei is ready to wear or give to a loved one.



Nature Conservancy of Canada

Nature helps support both physical and mental health. That's why the NCC is bringing the great outdoors to you. Google Trekker—a backpack-mounted, 360-degree camera using the same technology as Google Street View—lets you virtually hike through the conservancy's Canadian properties, from coast to coast. natureconservancy.ca CAA

SNAPS OF SOLITUDE

Instagrammers captured the quiet beauty of our public spaces as many Saskatchewanians isolated at home



@daniyalt



@saskatchewanderer



@truegrit.adventure



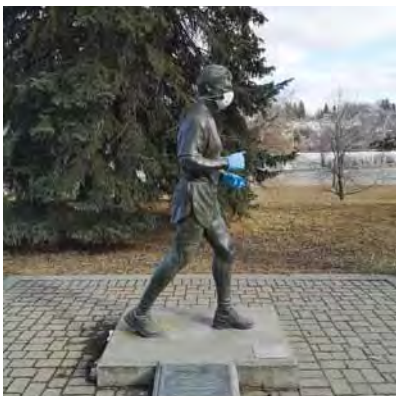
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