

# CAA

SASKATCHEWAN MAGAZINE



SPRING 2021

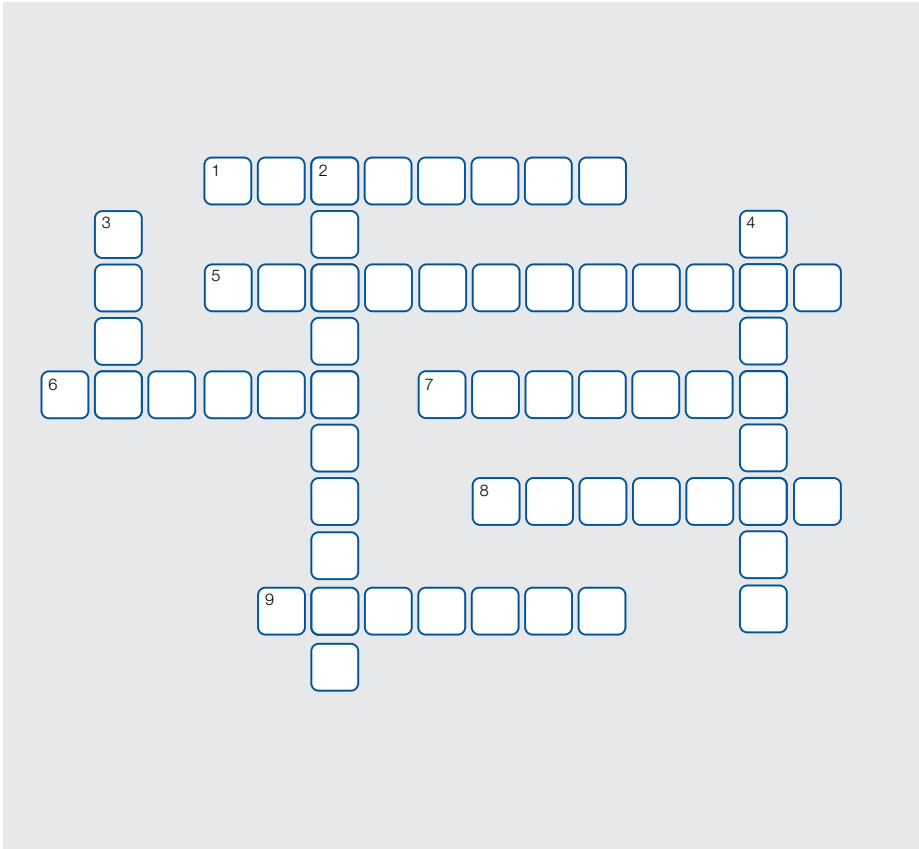
NEWFOUNDLAND NOW  
DISTRACTED DRIVING  
CANADA'S HISTORIC SITES  
TASTE OF TOFINO

# HOME, RENO HOME

Show your home some TLC with  
a thoughtful reno

\$4.95

# Looking to protect your family's health? The answer is CAA Health & Dental Insurance.



Helping to keep your loved ones healthy has always been important. But now it's more important than ever.

**CAA Health & Dental Insurance** can help cover expenses your government health plan doesn't. Solve this crossword to find out some of the ways it can help you keep your family safe and healthy.

### Across

- 1 Good oral health involves regular dental \_\_\_\_\_
- 5 These types of drugs can really add up
- 6 This type of health is very important
- 7 When you hurt your back, this could help
- 8 Types of medical appointments that are held online
- 9 \_\_\_\_\_ aids for your ears

### Down

- 2 After an eye exam you may need new \_\_\_\_\_
- 3 When you get 2020 rates in 2021, you \_\_\_\_\_
- 4 Medical care at home is \_\_\_\_\_

**The future is a puzzle. We can help you solve it.**  
**Visit us online or call to speak to a Licensed Insurance Advisor.**

 [caahealthinsurance.ca](http://caahealthinsurance.ca)  **1-844-538-7457**

**Get 2020 rates if you act by August 31, 2021!\***



ANSWERS  
 Across: 1 CHECKUPS 5 PRESCRIPTION 6 MENTAL  
 7 MASSAGE 8 VIRTUAL 9 HEARING  
 Down: 2 EYEGASSES 3 SAVE 4 HOMECARE

Underwritten by  
**The Manufacturers Life Insurance Company (Manulife).**

\* Policy must be effective on or before October 1, 2021.  
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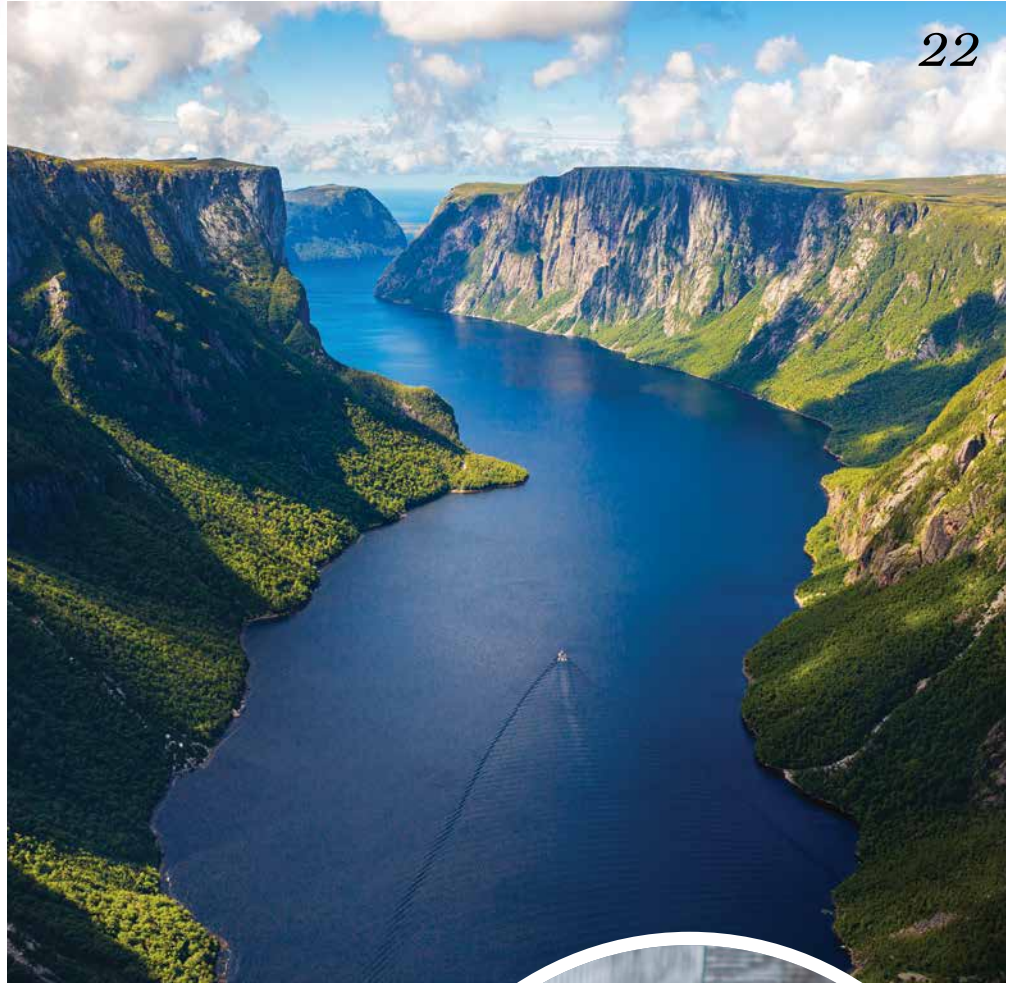
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## PEACE OF MIND

*CAA takes your safety and security very seriously*

**PHRASES LIKE** “we’ve got you covered” or “peace of mind” are advertised so often and can mean many different things. When I hear them, I think of insurance. As a longtime CAA member, I know my experienced CAA Insurance consultant is there to help, whether I need travel coverage or home insurance.

These days, safety and security are top of mind. We all live in a home, apartment or condo. Many of us also drive cars and enjoy recreational boats, classic cars, campers and RVs. These things—and the people in our lives—need to be protected and insured.

Friends and neighbours have told me they didn’t know CAA provides insurance. CAA Saskatchewan offers a wide range of coverage, including home, auto, health and dental, life or personal, travel medical and trip interruption. But did you know CAA members also receive an exclusive 10% discount on home insurance? This is real savings that automatically comes with CAA membership. Another perk: You can purchase vehicle plates at any CAA Store in Saskatchewan.

For easy access, set up an online account when you purchase a home or auto policy. You can review current policies, report a claim, manage drivers and vehicles, view policy documentation, request location updates

for property insurance, and connect with your CAA Insurance consultant.

Another handy online tool is the CAA Property Checklist. I used this very helpful feature to create an inventory of all my belongings. And I keep my completed checklist in a safe place—in case of a fire or other type of emergency, a backed-up sewer line or water-damage situation.

I included my kitchen appliances and household items, such as our computer and TV. As further protection of these essential goods, consider adding home equipment breakdown coverage. This affordable add-on covers the cost of repair or replacement if something acts up. Find out more about this little-known coverage on page 20.

These are just some of the benefits of a CAA membership. You also get roadside assistance, travel and insurance advice, automotive help, safety reminders and consumer education tips.

Knowing my family and I are covered by CAA gives me peace of mind. Take care. Stay safe.

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

# CAA

SASKATCHEWAN MAGAZINE

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With the participation  
of the Government  
of Canada

**Canada**







HOME AND AUTO INSURANCE



# BUNDLE AND SAVE ON YOUR HOME AND AUTO INSURANCE

Bundle your CAA Home<sup>1</sup> and PlatesPLUS<sup>2</sup> Auto Insurance and receive exclusive benefits:

1. 10% savings on your Home Insurance.
2. Complimentary Tire Coverage.
3. Combined deductibles. (pay only one deductible instead of two when there is a loss to both home and auto at the same time, e.g. hail damage from the same storm)

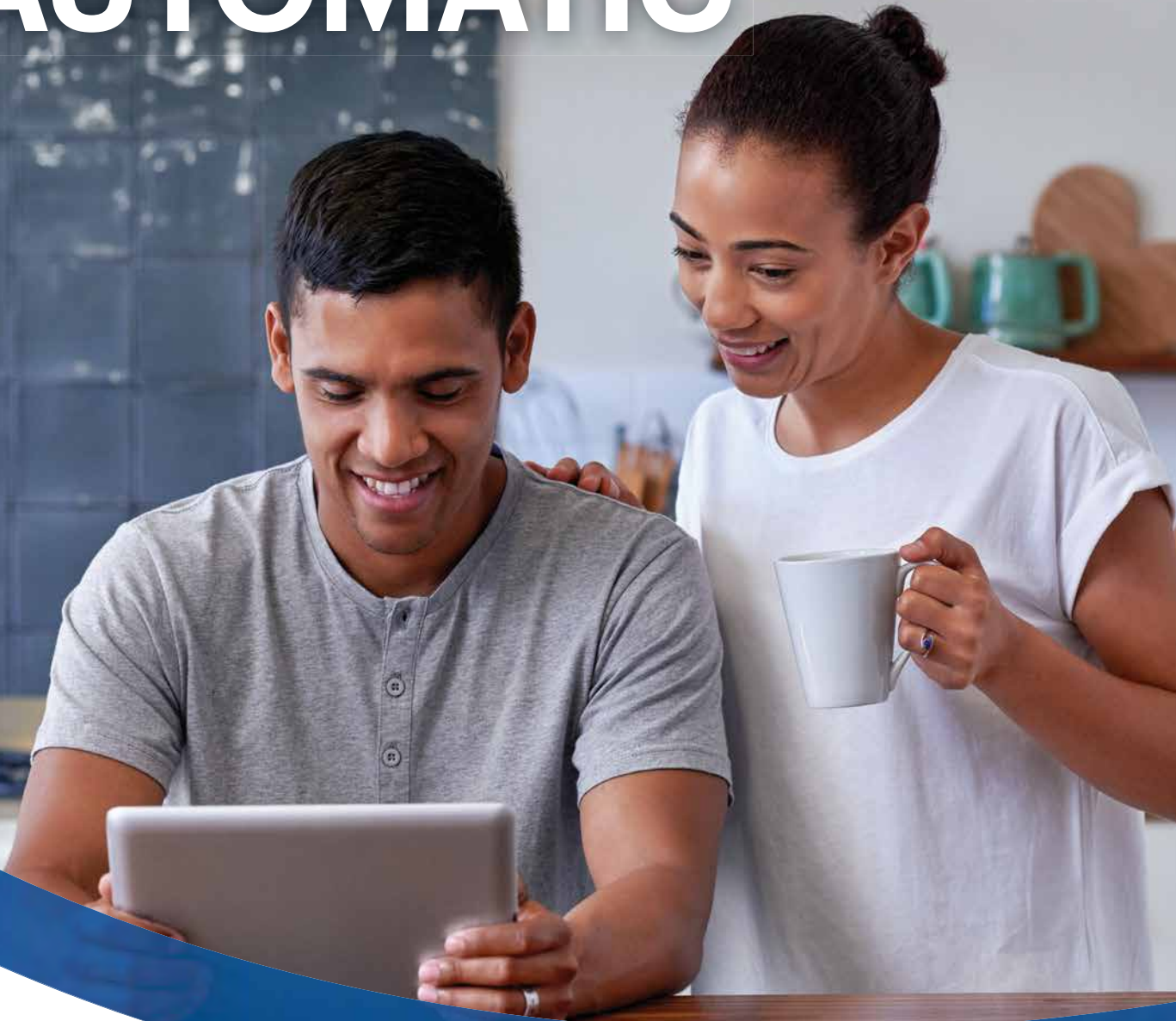


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<sup>1</sup>Property Insurance is underwritten by CAA Insurance Company. <sup>2</sup>CAA Auto Insurance (PlatesPLUS) is underwritten by AssurePro Insurance Company Limited. Available when you purchase CAA Home and PlatesPLUS Auto Insurance.

# SHIFT TO AUTOMATIC



## Act Now to Earn 20 CAA Dollars®

Switch your CAA membership to automatic renewal and never be without coverage. As a bonus, use code **AUTO21** by March 1<sup>st</sup> to receive 20 CAA Dollars® (value of \$20 CAD) to be used towards membership, travel or merchandise.

Switch to automatic renewal online, by phone or in store.

CAASK.CA | 1.866.323.1323 | VISIT A STORE



INSURANCE  
TRAVEL  
AUTOMOTIVE  
REWARDS



## HERE TO HELP

When the time is right to plan a vacation, contact your CAA Travel consultant for expert advice

CAASK.CA/TRAVEL

# CAA INSIDER

Club News | Member Perks | Family Fun



### CAA TRAVEL

## LEAVE IT TO THE PROFESSIONALS

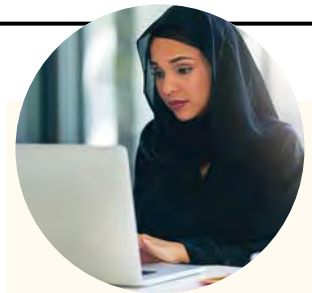
**SASKATCHEWANIANS HAVE MISSED** travelling and we're all itching for an adventure. But navigating today's ever-changing rules is no easy feat. Which destinations are safe? What should you expect when you get there? What happens if you need to get home quickly? An experienced and knowledgeable CAA Travel consultant can do the work for you and lend peace of mind before, during and after your next trip. These services are part of your CAA membership and our consultants are ready when you are!

**1 Perfectly planned for you.** Picture your perfect trip. Now imagine not having to worry about all the details. CAA Travel consultants will book flights, hotels, car rentals and local attractions.

**2 Experience knows best.** CAA's professional travel consultants can provide you with insider knowledge and tips from their own globe-trotting adventures.

**3 Score the best deals.** Consultants work with worldwide travel partners to find the best value for your budget. They can locate the best rates on vacation packages, tours, cruises, hotels and flights.

**4 Travel with someone you trust.** If things don't go as planned, a travel consultant can ease your stress by making phone calls, rescheduling flights and booking to make sure you get home safe.



**CAA MEMBERSHIP**

**UPWARD MOBILITY**

Managing your membership just got easier with our new digital member experience. CAA My Account provides complete access to your membership—anytime, anywhere. Log in or create an account at [caask.ca/myaccount](https://caask.ca/myaccount) to access these handy features:

Renew, upgrade, or add a family member

View your CAA Dollars balance and transactions

Set up automatic renewal and paperless billing

Request Roadside Assistance and more!



**WESTWORLD TOURS**

**CROSS COUNTRY**

Dreaming of travelling this year? Check out our home and native land! WestWorld Tours offers a number of vibrant tours as part of the Maple Leaf Collection. In St. Jacobs,

Ont., visit the Mennonite Story Interpretive Centre before embarking on a guided tour of this quaint farming region. Celebrate Canada Day and witness the magnificence of Niagara Falls on the Voyage to the Falls Boat Tour. Enjoy a river cruise along the St. Lawrence for five glorious nights, sailing through the scenic Thousand Islands and

Millionaires' Row. Owned by CAA Saskatchewan, WestWorld Tours is one of Canada's premier tour companies and a CAA Rewards partner. When you book, rest easy knowing everything is taken care of, so you can sit back, relax and enjoy the views! CAA members also earn 25 CAA Dollars when booking. [westworldtours.com](https://westworldtours.com)



**ROADSIDE ASSISTANCE**

**AT YOUR SERVICE**

CAA membership gives you access to North America's best roadside assistance, whether you run out of gas, need a boost or get a flat tire. If you need help on the road, here are three ways to reach us.

**1 CAA Mobile App**

The best overall experience, it's easy to download and simple to set up.

**2 Online**

Request service at [caask.ca](https://caask.ca) or through your online account.

**3 Phone**

Give us a ring 24/7 at **1-800-222-4357**.

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**AWARDS & ACCOLADES**

**HIP, HIP HOORAY!**

Tourism Saskatchewan recognized CAA Saskatchewan as 2019's Tourism Employer of the Year. The awards acknowledge quality in marketing, service and tourism. "During challenging times, it is especially important to recognize inspiring leadership and accomplishments," says Jeremy Harrison, the Minister Responsible for Tourism Saskatchewan.

CAA also earned a Paragon Award for 2020 Business of the Year. Managed by the Regina & District Chamber of Commerce, the awards laud excellence in the business community. "The Chamber is proud to honour these local leaders and innovators during these trying times," says John Hopkins, CEO of the Regina & District Chamber of Commerce.

Congratulations also go to CAA Travel and Tom Brothwell, who earned Prince Albert Best of the Best (BOB) awards. CAA Travel was recognized as Best Travel Agency, while Brothwell took home the title of Best Travel Agent.



Tom Brothwell (centre) with the CAA Prince Albert travel team



CAA's Maureen Conley and staff at the Regina North Store



John Hopkins and CAA president Fred Titanich



**ROAD SAFETY**

**DO ANYTHING BUT DRIVE**

In October, Saskatchewan's branch of Students

Against Drinking and Driving (SADD) held its first-ever virtual provincial conference, which CAA Saskatchewan was pleased to sponsor. SADD members from around the province participated and gleaned

valuable information to share with their school communities.

Motivational speaker Amanda Oling delivered a keynote address about her personal experience with impaired driving. During the conference,

organizers played CAA's youth-oriented video series, "If you do edibles, DO ANTHING BUT DRIVE." The videos discourage young motorists from driving after taking edibles or getting in the car with a high driver. Watch the series at [caask.ca/cannabisanddriving](http://caask.ca/cannabisanddriving).

The event also featured CAA's new distracted driving campaign, **#UnplugAndDrive**. The videos remind young drivers behind the wheel not to use phones for music, apps, maps and social media. Anything that takes your eyes and mind away from the road is a distraction: [caask.ca/distracteddriving](http://caask.ca/distracteddriving)



**THE ROAD AHEAD**

Learn more and watch #UnplugAndDrive videos at

CAASK.CA/  
DISTRACTEDDRIVING

## DEVICES OF DISTRACTION

*Texting isn't the only thing taking drivers' eyes—and minds—off the road*

BY BONNIE STARING

**YOU'RE DRIVING HOME** with your 20-year-old, and she's at the wheel. Stopped at a red light, her phone—tucked in the cup holder—pings. She reaches for it, but you put out a hand to stop her. “Come on, it could be important,” she says. “It's not like I'm sending a text.”

“Through research, we recognize that a lot of people—young people, in particular—don't associate what they do with their phone while driving with *texting*,” explains Ian Jack, CAA National's vice-president of public affairs. CAA has long warned against the dangers of texting and talking while driving, “but many motorists think because they're only taking

a couple of seconds to *look* at their phone, it's okay.” While young drivers are most at risk, the distraction caused by devices affects drivers of all ages—especially those who are compelled to scroll, like and share.

**Modern distractions**

As vehicles and mobile phones have evolved, so too has distracted driving. Smartphones help us stay connected, entertained and headed in the right direction. So now, instead of texting, drivers check social media, change playlists and interact with their GPS—all of which cause cognitive distraction.

“When you're interacting with a phone, even if your eyes are looking

at the road, you're not engaged in the driving task at hand,” Jack says. That lack of focus can slow your reaction time and may have deadly consequences.

**#UnplugAndDrive**

To demonstrate just how quickly a distraction can put drivers and those around them at risk, CAA developed **#UnplugAndDrive**. The awareness campaign, aimed at young drivers, features short, quirky animated videos that focus on the shame of getting caught rather than the carnage of a collision.

The campaign uses humour to make the message more relatable and memorable. “Gen Z-ers are socially motivated; they care about these issues and they want to do the right thing,” Jack explains. “If we can reach a young person today to help foster healthy habits, that might translate to 60 years of safe driving.”

**Be proactive**

The easiest way to manage device-related distractions is to set things up before you start your vehicle. Enter your destination in the GPS, check over the route, pick your playlist and let everyone know you're going into drive mode—and won't be checking your phone until it's safe to do so.

When you're along for the ride, help promote distraction-free driving and take over managing the music, messaging and maps. Drivers can designate one of their passengers to handle device-related tasks.

“Every time someone reaches out for their phone while driving, we want them to remember one thing,” Jack says. “Whatever the task, it diverts your attention away from the road.” And the more attention all drivers pay to *driving*, the safer our roads will be. **CAA**

**BY THE NUMBERS**

*No matter the device, distracted driving adds up to danger*

**>25%**

Canadians aged 18-25 noticed more people using their phones while driving in 2020

**6,000**

Annual average of Saskatchewan collisions in which driver distraction is a factor

**\$580**

Cost of a first-offense distracted driving ticket, plus 4 demerits

**\$1,400**

Cost of a second-offense ticket within a year of the first conviction, plus 4 demerits and 7-day vehicle seizure



# Life insurance doesn't have to be puzzling

## See how easy it can be to get *Life Insurance – Guaranteed*

For some, it can be tough to get life insurance at an older age. But this is *Life Insurance – guaranteed*, which means you're already approved, with **no health exams or questions** when you apply.<sup>1</sup> What else does it mean?

- Coverage options from **\$5,000 to \$25,000**
- Your **rates will never increase**
- The **Living Benefit** cash advance and **Accidental Death Benefit** are included at no extra charge
- Your **coverage will increase by 2 per cent every year** – at no extra cost to you (for up to 25 years)<sup>2</sup>

Get started with a no obligation quote. Visit us online or call.



[www.caagi.ca](http://www.caagi.ca)



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<sup>1</sup> Guaranteed acceptance upon meeting the eligibility criteria and receipt of first premium payment. See full policy for details.

<sup>2</sup> Continuous coverage and CAA membership are required at time of claim.

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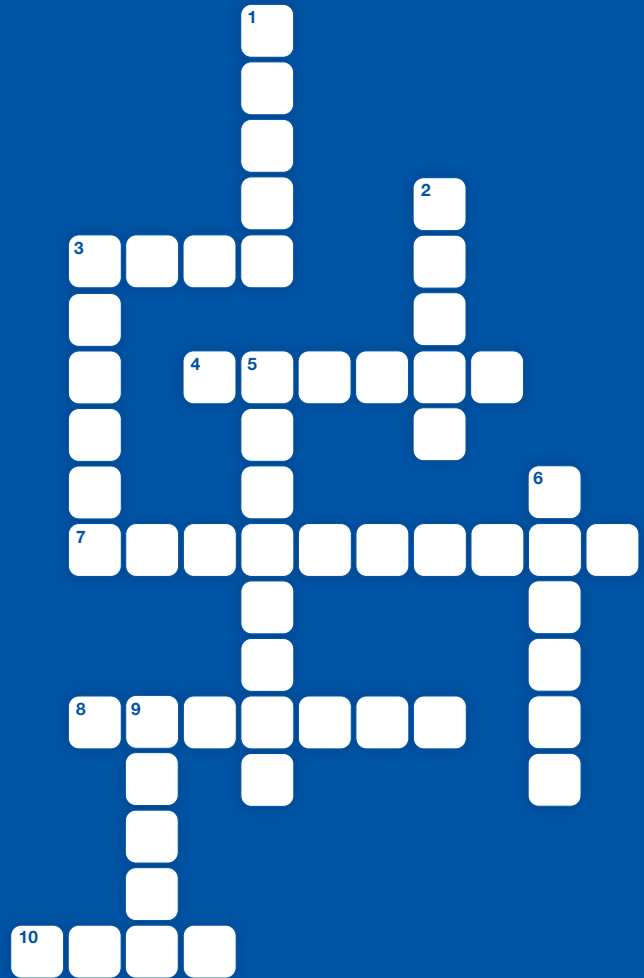
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## Solve our crossword puzzle!

If you get stuck, don't worry: you're sure to find some answers when you read about CAA Guaranteed Issue Life Insurance, to the left.



### Across

3. \_\_\_\_\_ insurance helps financially protect your family
4. 1980s sitcom: \_\_\_\_\_ Ties
7. With this plan, your acceptance is \_\_\_\_\_
8. Get up to a \$25,000 cash \_\_\_\_\_
10. Another word for paper money

### Down

1. A free \_\_\_\_\_ tells you how much you'll pay
2. Request coverage
3. Life is for the \_\_\_\_\_
5. Guaranteed acceptance means you're already \_\_\_\_\_
6. You don't have to answer \_\_\_\_\_ questions when you apply
9. Another word for tests

Across: 1. QUOTE 2. FAMILY 3. LIVING 4. APPROVED 5. APPROVED 6. BENEFIT 7. GUARANTEED 8. BENEFIT 9. EXAMS 10. CASH

# NATIONAL SLOW DOWN MOVE OVER DAY IS MAY 11, 2021



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)



# STAY SAFE IN THE HOME YOU LOVE



Stairlifts are the perfect solution for joint pain in the knees, back or feet; those with mobility issues, or anyone who struggles with the stairs.

With an Acorn Stairlift you can look forward to:

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- Affordability and reliability
- Low running costs
- Purchasing directly from the manufacturer
- Next day installation available

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STAIRLIFTS

CALL NOW TOLL-FREE  
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FOR YOUR FREE SURVEY AND QUOTE

[www.acornstairlifts.ca](http://www.acornstairlifts.ca)

**CAA** TRAVEL INSURANCE



## 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 Assistance<sup>1</sup>.

MEMBERS  
SAVE  
10%\*



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[CAASK.CA/CAA-TRAVEL-INSURANCE](http://CAASK.CA/CAA-TRAVEL-INSURANCE)  
1.800.564.6222 | VISIT A CAA STORE


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. <sup>1</sup>CAA Assistance is provided by Active Care Management Inc. Telemedicine and House Call Services availability may vary depending on geographical locations and current emergency medical conditions. 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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## HOW TO SHOP

 Shop and earn online

 Shop and save in-store

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

# THE GUIDE

*Rewards | Travel | Auto | Lifestyle*

## GET Growing!

 GNOME, SWEET GNOME!

Don't let the gnomes have all the fun in the garden! Whether you have a sprawling yard or a pint-size balcony, you can grow a bounty of fresh flowers, fruits and veggies.

STOCK UP ON TOOLS AND ACCESSORIES BY SHOPPING ON THE CAA ESTORE: **CAASK.CA/ESTORE.** IT'S AN EASY WAY TO "GROW" YOUR CAA DOLLARS ACCOUNT.



**RONA**  
Hi-Line  
acrobat gnome  
Earn 2% in  
CAA Dollars

# GET Growing!

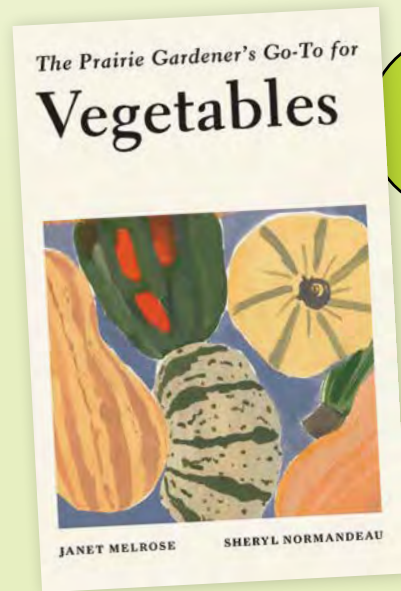
INDOOR BLOOMS!



**BOUCLAIR**  
Succulent cement pots  
Save 5% in-store and online



**RONA**  
XHose expandable garden hose  
Earn 2% in CAA Dollars



MADE IN CANADA!

**INDIGO**  
*The Prairie Gardener's Go-To for Vegetables*  
Earn up to 5% in CAA Dollars



STYLE AND PURPOSE!

**ALTITUDE SPORTS**  
Hunter short boots  
Earn 4% in CAA Dollars



**INDIGO**  
Modern Sprout grow kit  
Earn up to 5% in CAA Dollars

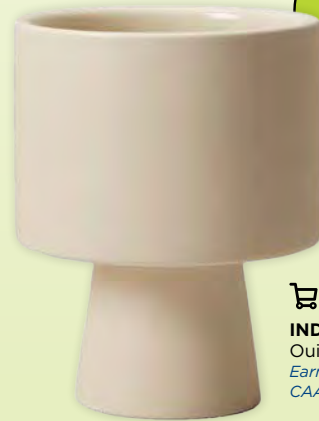




 **WELL.CA**  
Kikkerland  
garden tool set  
*Earn 5% in  
CAA Dollars*



 **WELL.CA**  
Modern Sprout  
seed poppers  
*Earn 5% in CAA Dollars*



 **INDIGO**  
Oui flower pot  
*Earn up to 5% in  
CAA Dollars*




 **WELL.CA**  
Dig It Apparel garden gloves  
*Earn 5% in CAA Dollars*



 **INDIGO**  
Plant mister  
*Earn up to 5% in  
CAA Dollars*



 **RONA**  
Stratco aluminum  
raised garden bed  
*Earn 2% in CAA Dollars*

Like a big hug  
for your home.

Dulux Paints' 2021 Palette of the Year features natural hues that are restorative, compassionate and optimistic.



Big Cypress DLX1062-5

Transcend DLX1079-4

Misty Aqua DLX1147-3

Use your CAA card to get **25% off** any Dulux manufactured product, plus **earn 3% in CAA Dollars**®.\*

Dulux.ca



Rewards

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\*Offer subject to availability in-store. Visit Dulux.ca/CAA for more details.

# SHOP CAA



**Washable & Reusable Gaiter** (MS-GAITER-SEA)  
(99.9% effective ever after 50 washes!)

**Member Price: \$11.85 | Regular Price: \$13.00**

**THE SIPPIT Reusable Travel Straw** (MS-SIPPIT)

This reusable (and sustainable) travel straw comes in a watertight storage tube that clips to your backpack, belt or keychain.

**Member Price: \$9.25 | Regular Price: \$10.50**



**GoCup - Collapsing 8oz Travel Cup** (MS-GOCUP-8)

**Member Price: \$16.00 | Regular Price: \$18.00**



**Travel Utensils** (MS-HG04)

**Member Price: \$17.49 | Regular Price: \$19.00**



**GoToob - Squeezable 2.5 fl oz Travel Toob** (MS-HG3174)

**Member Price: \$11.25 | Regular Price: \$12.50**



**GoTubb 14ml (3 Pack)** (MS-HGO220)

3 tiny tubs to hold pills, knick-knacks, spices, vitamins, coins, etc.

**Member Price: \$11.70 | Regular Price: \$13.00**

**SPECIAL MEMBER PRICING ON SELECT MERCHANDISE + EARN 10% CAA DOLLARS®**

CAA gift cards are available and can be used toward merchandise, membership and more.

**CAASK.CA/LOCATIONS | 1.800.564.6222 | VISIT A CAA STORE**

\*All items listed above are subject to availability. Contact your local CAA Store for more information.

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INSURANCE  
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AUTOMOTIVE  
REWARDS





## ROAD TRIP READY

*A few DIY ways to prep your ride before setting off this spring*

**SPRING IS THE PERFECT** time to explore Saskatchewan! Before hitting the road, show your car some TLC. A few simple steps can help ensure a smooth ride. For long trips, it's a good idea to repeat some of these steps midway through the drive. For more road safety tips, visit [caask.ca/safety](http://caask.ca/safety).

### Inspect your tires

Check wear bars, the little rubber mounds in the tire's track. You should also keep tabs on your tire pressure using your car's internal monitoring system, if it has one. If not, remove

the cap from the valve, place a good-quality tire pressure gauge on top of the valve, press firmly and a reading will appear.

To find the recommended tire pressure for your car, check your owner's manual or look for a sticker inside the driver-side door. Avoid inflating to the pressure listed on the sidewall of the tire itself—that number refers to the *maximum* pressure of the tire, not the recommended tire pressure for your vehicle.

Don't check your tires immediately after driving. Friction from the road

increases both heat and tire pressure, so the reading may be skewed.

### Eyeball the oil

Wait until your car has been off for about 10 minutes. Find the dipstick, pull it all the way out, clean off the oil with a paper towel, and place the stick back in its cradle. Let it sit for a few seconds and pull it back out. The bottom of the dipstick will have two markings or holes—the oil level should fall between them. It should be light brown and viscous. If it's thick and black, get an oil change right away.

### Check your lights

Walk around the vehicle and check that your front, tail and reverse lights are working, along with your turn signals. Check your high beams, too, and fog lights, if your vehicle has them.

### Enjoy the view

To check washer fluid—and top it up if needed—locate the fluid reservoir, which will have a diagram of a windshield and what looks like a dotted umbrella. Look for a marking on the side of the reservoir; if your washer fluid is below this fill line, lift up the cap and add some more. It's a good idea to keep an extra bottle in the trunk.

### Did you hear something?

A major problem is often preceded by a noise, like a squeak or bang. If you hear something like that, report it to your mechanic immediately. Don't worry—they're used to customers making strange sounds to describe what's happening to their car. And if you notice an unusual smell, give your technician a heads-up about that too. A small tune-up can go a long way on the open road! **CAA**

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# THE PAST IS PRESENT

*From coast to coast, these uniquely Canadian historic sites prove there's more to our country's past than fur trading and Original Six hockey*

BY CRAIG MOY



1

## SGANG GWAAY, BRITISH COLUMBIA

SGang Gwaay may be remote, but it's well worth the trip. Located in Gwaii Haanas National Park Reserve, the National Marine Conservation Area and Haida Heritage Site houses 30-plus sacred totem poles. Standing alongside the ruins of a once-thriving village, they're a testament to the artistry and traditions of the Haida people—and a haunting memorial to a community decimated by diseases brought by 19th-century Europeans. Keep your eyes peeled for humpback whales, sea lions, puffins and other marine life as well.

2

## GRAND-PRÉ, NOVA SCOTIA

This epicentre of 18th-century Acadian culture was a focal point of British efforts to oust French settlers from North America. The site is now marked by the Memorial Church and a much-photographed statue of *Evangeline*, from Henry Wadsworth Longfellow's epic poem. Spend some



time learning about the original settlers and their 1755 expulsion from Nova Scotia—and the enduring legacy of the Acadian

diaspora. Then savour a picnic lunch backdropped by the “great meadow” and Minas Basin, an inlet of the Bay of Fundy.

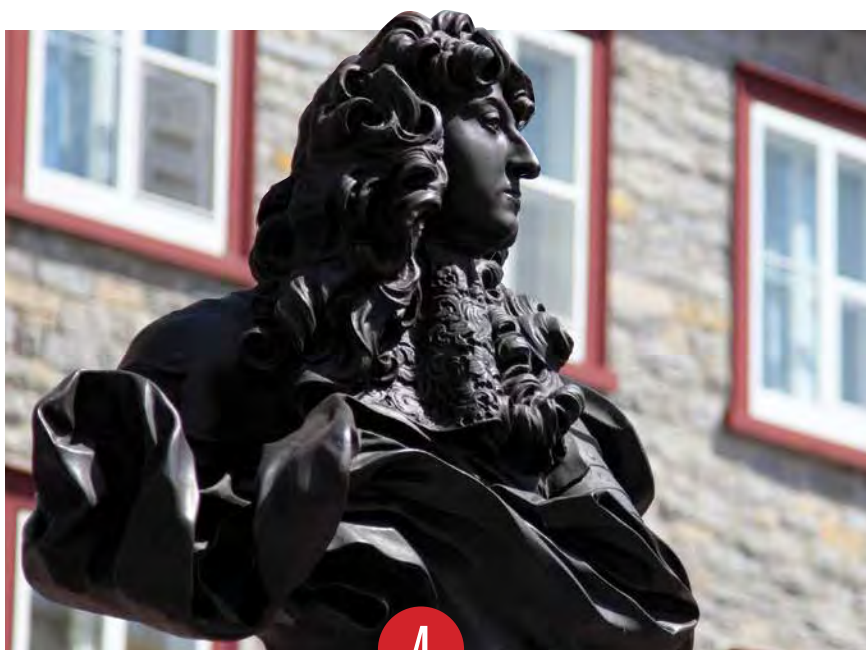
1: GWAII HAANAS NATIONAL PARK RESERVE; 2: WALTER BIBIKOW/GETTY



3

**BANFF PARK MUSEUM,  
ALBERTA**

With more than 5,000 plant and animal specimens, including an impressive taxidermy collection, Western Canada's oldest natural history museum offers a perfect introduction to the unique landscape, flora and fauna of Banff National Park. A landmark in its own right, the turn-of-the-century log building sits at the south end of bustling Banff Avenue; the strip's numerous eateries and boutiques are within easy strolling distance—as is the Whyte Museum, which chronicles the cultural heritage of the Rockies.



4

**OLD QUEBEC CITY, QUEBEC**

North America's finest example of a fortified colonial city, *vieux Québec* preserves 400 years of history within its walls—from the circa-1663 Catholic seminary to the early 19th-century Citadel to the famous Château Frontenac, which opened in 1893. But the city is hardly locked

in the past: Stroll the cobblestone streets of Lower Town, in particular, and you'll stumble upon numerous charming bistros, chic boutiques and unique galleries. A day of exploring is best ended at the Old Port's outdoor beer garden, where you can sample the province's best craft ales.

5

**BATOCHÉ, SASKATCHEWAN**

There are still bullet holes in the rectory at the site of the 1885 North-West Rebellion's decisive battle, which resulted in the defeat of Louis Riel and his forces. The former Métis settlement reveals Francophone and Indigenous history on the prairies, and the early challenges of forging a united Canada. An hour's drive north of Saskatoon, it's also an excellent spot for outdoor fun, with leisurely cycling and hiking trails, plus paddling on the South Saskatchewan River. **CAA**

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# AN OUNCE OF PREVENTION

*Tips to help you keep your home equipment running smoothly*

BY KAREN KWAN



**NO ONE ENJOYS THE UNEXPECTED** cost of replacing a washer that just died or a TV fried by a power surge. That's where Home Equipment Breakdown (HEB) coverage comes in. The add-on to your home insurance can cover the costs of fixing or replacing items, such as appliances, electronics, air conditioning and home security systems. "Starting at \$30 a year, it's a small amount to protect the things that matter most, especially now when we're all at home during the pandemic," says Lori Madsen, director of insurance services at CAA Saskatchewan. This add-on also prevents an insurance claim being charged against your home insurance. Contact your CAA Insurance consultant to add HEB to your policy: [caask.ca/insurance](http://caask.ca/insurance). And take a few steps to keep your equipment in tip-top shape.

## TUNE-UP TIME

An ounce of prevention, as they say! Give your equipment regular maintenance and attention *before* it breaks down. To keep things running smoothly, schedule a yearly professional tune-up for your boiler/furnace, central air conditioning unit and water heater.

## DUST BE GONE

Regularly pull out your refrigerator to dust the rear coils and vents. It'll keep the fridge running optimally, and can also help prevent the compressor from going kaput—failure will cause the unit to overheat, spoil your food and potentially leak water.

## AVOID OVERLOAD

Install a surge protector to prevent voltage spikes in your home electronics—from stereo systems and televisions to phones and laundry appliances. Protect against circuit overloads by using multiple outlets for home office equipment, like computers and printers.

## WASH UP

Check laundry appliance hoses for bubbles or cracks, which are precursors to hose rupturing and could lead to flooding and water damage. In the dishwasher, always secure plates and utensils to keep them clear of sprayer arms: A jam could cause the motor to seize.

## DRYER DIY

Cleaning out a machine's lint trap is essential to dry clothes, but make sure you also regularly clear out the dryer vent and trap. Lint buildup can spark a dangerous fire. You should also keep the dryer slightly away from the wall and the immediate area clear of clutter.

## OVEN KNOW-HOW

If you have a gas range, regularly clean the burners to prevent dirt and moisture buildup, which can cause the igniter to fail. It's best to do a thorough clean weekly. For electric ovens, inspect and clean the elements often—food spills can prevent proper heating. **CAA**



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## THE PSYCHOLOGY OF TRAVEL

*How to reap the benefits of travel, even when you can't board a plane or cruise ship*

BY ROBIN SCHROFFEL

**2020 WAS OFFICIALLY** the year of going nowhere. With cancelled trips crossed off the calendar, many Saskatchewanians are missing the freedom and joy of travel. But counterintuitive as it may seem, now is a great time to start planning your next trip.

Why? It's not just the act of travelling itself that makes us happy: Studies show pre-trip anticipation and planning are also big-time mood boosters.

“  
Planning for the future creates a sense of purpose, so those who do are less likely to suffer”

Dutch researchers found those engaged in arranging travel reported an increase in happiness that was actually greater than the joy they felt after going on the trip itself. An August 2020 study echoed these findings, with 97 percent of respondents saying trip planning made them happier.

“Having a sense of purpose is an important aspect of mental health and well-being,” says Nancy Galambos, professor of

psychology at the University of Alberta. That's especially true during a pandemic: “Planning for the future creates a sense of purpose, so those who do are less likely to suffer.”

Galambos says it's still possible to enjoy some of travel's positive effects. Perusing guidebooks and online travel content are great ways to stay engaged in the world while waiting out COVID-19. Armchair travel is easier than ever and offers options to suit every taste and destination.

For like-you're-really-there experiences, tune into live webcams. **Explore.org** hosts live nature cams, where you can watch a Hawaiian sunset, go on an African safari or dive the reefs of Grand Cayman in real-time.

Social media also provides great travel inspiration, which can boost joy-inducing endorphins. Search for dream destinations, bookmark bucket-list photos and connect with **@CAATravelSK** to see our favourites (and share yours!).

CAA partner Viking Cruises does home travel right with its selection of livestreams and on-demand content on **viking.tv**. To tide you over until you can set sail in real life, you can also access curated lists of books, movies and music, tailored to each cruise destination.

Galambos underscores the mental health benefits of trip planning. “It's hard to make immediate plans right now,” she says. “But making a tentative plan for a year or two down the road will keep you on a healthier path.” **CAA**

### CAPE TOWN

Head up South Africa's Table Mountain in a cable car with 360-degree views, or see other iconic sights, like waddling African penguins on Boulders Beach and Nelson Mandela's former prison cell on Robben Island.  
[capetown.travel](http://capetown.travel)

### AUSTRALIA

Tourism Australia's video series uses an innovative audio effect—making it feel like you're really marvelling at tranquil Lake Eyre, hiking in the Daintree Rainforest and driving along the Great Ocean Road.  
[youtube.com/australia](https://youtube.com/australia)

### LONDON

London's cultural feast has moved online. Take a cooking class with Borough Market chefs and foodies; watch West End theatre productions; or tour the British Museum and its treasure trove of antiquities.  
[visitlondon.com](http://visitlondon.com)

## MAP IT OUT

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# AN EPIC



The UNESCO site of L'Anse aux  
Meadows; Leif Erikson (opposite)



# SAGA

Journey through  
Viking legends and  
Norse history in  
Newfoundland

BY LUCAS AYKROYD



**“HAVE YOU HEARD** what *really* happened in Vinland?” Thorstein asks. The bearded Viking, his face illuminated by flickering flames, spins an ancient yarn of betrayal and bloodshed—and I’m spellbound.

The Viking? He’s actually a costumed Parks Canada interpreter, but no matter. I listen intently while sipping spiced partridge berry juice inside a reconstructed sod dwelling at L’Anse aux Meadows. Thorstein’s evening “Sagas and Shadows” performance transports me back a thousand years, when explorer Leif Erikson sailed from Greenland to establish North America’s only Viking settlement, here on Newfoundland’s northern tip.

Depending on which linguist you believe, the name Vinland alludes to wind, pasture land or grape-growing. »



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Coastal calm in Norstead

Such intoxicating lore is what attracted me to this province—that and my Finnish heritage. Over the years, I've indulged my Nordic side by visiting Oslo's Viking Ship Museum and listening to Viking-themed Swedish heavy metal. But living it up Odin-style on the East Coast is a first for me.

Daylight brings more opportunities to explore L'Anse aux Meadows, which in 2018 marked its 40th anniversary as a UNESCO World Heritage Site. From 1961 to 1966, Norwegian archaeologist Anne Stine Ingstad helmed the excavation of North America's oldest known European settlement. In 1960, Ingstad's husband, Helge, pinpointed its exact location with the help of local fisherman George Decker, who assumed it was a First Nations burial ground.

I can't believe I'm finally here. I get chills wandering along a boardwalk built over the ridged terrain, which is dotted with black spruce trees and caribou lichen. As a brisk breeze blows from Islands Bay, my group spots a moose in the distance—one of more than 80,000 in the province.

Near the reconstructed grass-roof Viking buildings, rectangular indentations in the ground mark the original locations of a house, kitchen and workshop. The village was home to about 75 Norse men and women, along with their European slaves. Artifacts ranging from a bronze pin to a glass bead confirmed their presence.

But the settlement didn't pan out. "Leif Erikson sailed for distant regions in the West to make himself a wealthy man," explains friendly guide Matthias

Brennan. "So L'Anse aux Meadows became a wintering base camp for further exploration." Despite a prime location on a shipping route and waters filled with salmon, it never spawned the bounty desired by the Vikings, whose vast trade networks stretched from Greenland to Baghdad.

Still, my heavy-metal heart rejoices to learn that L'Anse aux Meadows witnessed the first iron production in North America. "They harvested and smelted bog iron ore, using a clay furnace heated with charcoal," Brennan says. "And we have now revived the tradition. Last summer, we produced nearly eight kilograms—four times as much as the original Vikings." Icelandic exchange students participated in the smelting, with the resulting iron destined for nails.



Fittingly, we next encounter Ragnar the blacksmith, surrounded by furs, shields and axes in his sod house. Ragnar notices my five o'clock shadow and cracks, "If you want to be a free man, you should grow out your beard." For a second, I question the wisdom of having made the 434-kilometre drive here from the Deer Lake airport up Highway 430, known as the Viking Trail. Will my journey through dense boreal forests, past thriving seabird colonies and over stark tundra culminate in unpaid labour for gruff Ragnar? Thankfully, his fearsome facade quickly dissolves into smiles.

**AT NORTHERN DELIGHT**, a homey restaurant in nearby Gunner's Cove, photos

of icebergs and sea urchins adorn the yellow walls. Before dining, I peruse model Norse ships in the gift shop. I'm still pondering the sagas I heard the night before around Thorstein's fire: tales of Erik the Red (Leif Erikson's dad) and the Greenlanders, both composed in the 13th century, 200-plus years after the events they describe.

Why was L'Anse aux Meadows abandoned by the Vikings after only a few years? Was it a result, as the sagas indicate, of a Vinland trade dispute that escalated into treacherous slaughter? How different would Canada's history have been if the Vikings had stayed?

My musings evaporate when dinner arrives. The platter of lightly battered fish and chips—fresh local cod and »



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Canada's youngest province offers many once-in-a-lifetime experiences. And you can do most of them on WestWorld Tours Newfoundland & Labrador tour

### ANCHORS AWEIGH

More than a musical act, Anchors Aweigh is like an East Coast Kitchen party on a stage. The five-man band gleefully teaches you about Newfoundland culture through music, jokes and laugh-out-loud stories.

### CAPE BONA VISTA LIGHTHOUSE

As one of the few historic lighthouses you can actually enter and climb, this 1843 structure offers sweeping views of both Bonavista and Trinity bays.

### NORTH ATLANTIC AVIATION MUSEUM

This Gander institution houses artifacts ranging from a 1940s Tiger Moth biplane to steel recovered from the World Trade Center. Exhibits related to 9/11 are particularly poignant.

### SCREECH-IN

Become an honorary Newfoundlander by getting screeched-in. During the raucous but revered ceremony, "come from aways" (non-locals) swig a shot of Screech, a potent rum, and pucker up to kiss a cod.

Arches Provincial Park along the Viking Trail



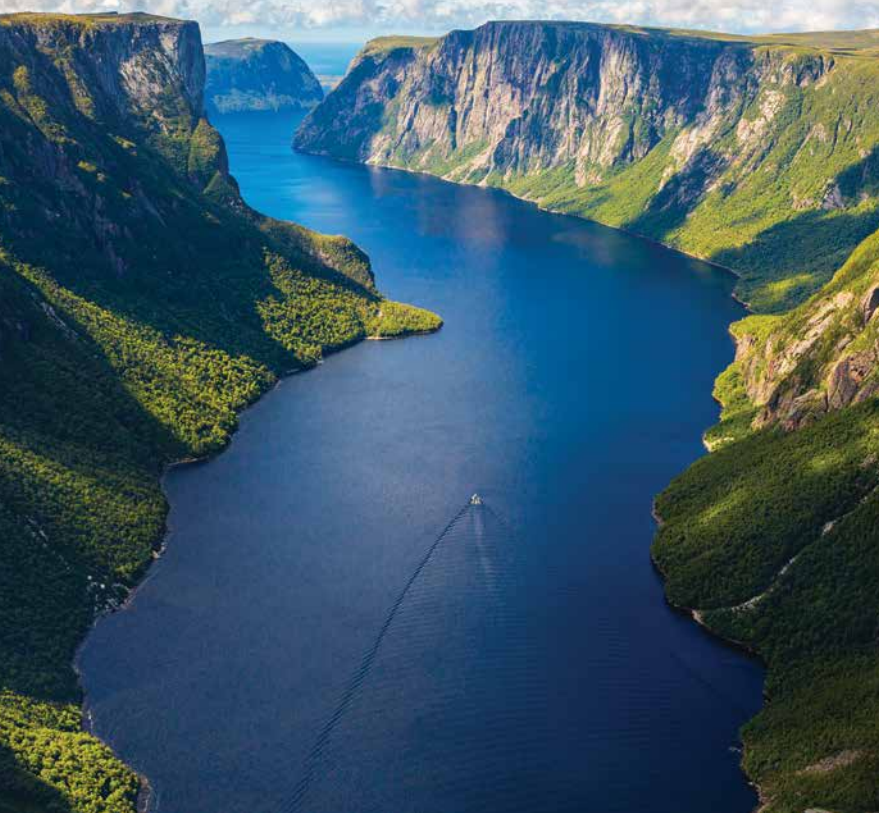
Shield-making workshop



Thorstein the Viking



The fjord-like  
Western Brook Pond



Replica Viking ship *Snorri*



Fresh-caught cod

thick-cut home fries—is scrumptious. Devouring my dessert of partridge berry pie with vanilla ice cream, I can't help thinking that the Vikings missed out big-time. To quote Led Zeppelin: "Valhalla, I am coming."

I sleep comfortably in my queen-size bed at the Grenfell Heritage Hotel and Suites in St. Anthony. Though it's named after a pioneering British medical missionary, I keep wanting

to call it "Grendel" after the terrifying monster in the Beowulf legend. Refreshed, I drive to Norstead the following morning to find out how the Vikings could have lived here if they'd stayed longer.

The replica Viking village, just two kilometres from L'Anse aux Meadows, was built in 2000 and features a full-size *knarr*: a 16-metre-long ocean-going trading vessel. It's named *Snorri*

after the first European child born in the New World. Norstead interpreter Denecka Burden portrays Gudrid, Snorri's mother, in a colourful linen tunic. Wearing jewellery depicting both Thor's hammer and a Christian cross, Burden challenges Norse stereotypes: "Some killed, raped and pillaged, but everyone's judging their civilization by one group of Vikings. Many were just farmers and fishers."

From an impressive rune stone to the simple wooden church, a tranquil feeling pervades coastal Norstead. In the dim-lit buildings, I examine furs and coins for trading, learn about one-needle knitting, and discover how the Vikings baked and gardened. Even though Burden explains that smoke inhalation indoors yielded life expectancies of just 45 years for men and 35 for women, this rough-edged existence still feels more civilized than the sack of York as depicted in *Vikings*, History channel's dramatized TV series. I'm eager to come back in June, when humpback whales frolic amid icebergs offshore.

Much like the towering Leif Erikson statue near Norstead, my Viking experience looms large over the rest of my visit to northwestern Newfoundland.

More than 300 kilometres to the south, I visit the still-functioning circa-1897 Lobster Cove Head Lighthouse in Gros Morne National Park, another UNESCO World Heritage Site. My mind flashes back to the Vikings' seafaring exploits as I listen to folk songs like "The Wreck of the Steamship Ethie" and learn how Captain James Cook mapped Gros Morne's dramatic, storm-swept coast in the 1760s. And a two-hour BonTours boat tour of Western Brook Pond—a glacier-carved lake with epic cliffs and waterfalls—naturally evokes the fjords of Norway in their mist-shrouded mystery.

A thousand years later, we may not know everything that *really* happened in Vinland. But the thrill of soaking up ferocious Viking sagas in Newfoundland is an unforgettable victory. Valhalla: I made it! **CAA**



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“The more complex your trip is, and especially when there are unexpected complications, it's nice to have a travel consultant on the other end who can handle the details and resolve any issues.” - Teri P.

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# A Taste of Tofino

FROM COASTAL SEAFOOD TO CRAFT BEER, THIS VANCOUVER ISLAND TOWN IS A GOURMET'S DREAM

BY LUCAS AYKROYD

**A** 400-POUND BLACK BEAR FLIPS a barnacle-encrusted rock on the shore of a secluded Vancouver Island bay. I watch in awe from a 21-foot Grady-White boat as the animal devours pawfuls of crabs and mussels. Piloted by Tofino Resort & Marina guide Ryan Mountain, our vessel bobs silently at a safe distance.

On this adventure tour, we've braved huge Pacific Ocean swells and spotted a grey whale surfacing next to Vargas Island. But this ravenous bear is by far the highlight. It's only 4 p.m., but he's making me hungry for dinner too.

I'm savouring a four-day, food-driven get-away on Vancouver Island's west coast. Tofino, a 45-minute flight or six-hour drive from

Vancouver, has long attracted surfers and soul-searchers, lured by its wide-open beaches and pristine temperate rainforest. Today, the quiet B.C. town of 2,000 is equally renowned as a food destination.

Freshly caught seafood tops my culinary bucket list in Tofino. On our sunny ride back to the marina, Ryan stops in Lemmens Inlet to check the crab traps he baited with lingcod at the start of the tour. Measuring the largest of the 10 Dungeness crabs in the traps, he sadly notes that it's five millimetres shy of eating range. The crustaceans must reach a minimum width of 165 mm before they can be added to my dinner menu, so back into the ocean they go. »

#### SURF & SLURP

Clockwise from top: local salmon at the Pointe Restaurant; chef Matty Kane sampling the goods at Shelter; Dungeness crabs









## PLYING THE WATERS

Clockwise from top: albacore on ice at 1909 Kitchen; whale watching along Vancouver Island's Pacific coast; Shed's plant-based Attenburger, named after eco icon Sir David Attenborough

## WELL PLATED

Of course, I still get to feast. At 1909 Kitchen, Tofino Resort + Marina's intimately lit waterfront bistro, I sip a 2018 Fairview Cellars Sauvignon Blanc and tuck into a huge seafood platter with no regrets. In addition to two pounds of chilled crab, I gleefully inhale Kusshi oysters and albacore tuna served with white radish. Clean-living decadence has never tasted so good, as I tell both the chef and the owner.

Chef Terry Somerville credits a tight-knit team with elevating his shared-plates vision: "Our master forager, Paul Moran, finds incredible mushrooms, kelp and other organic ingredients." His wife, Kristine Morrow, also creates innovative pies and tortes.

"Tofino has always been a special, therapeutic place for me and my wife," co-owner and avid fisher Willie Mitchell adds. "I love nature, so this is my happy place." The B.C. native, who snagged two Stanley Cups with the Los Angeles Kings, bought Tofino Resort + Marina in 2016 with fellow ex-NHLer, Dan Hamhuis. As the resort's hands-on president, Mitchell splits his time between Vancouver and his two-acre property in Tofino.

## SURF AND TURF

Chesterman Beach is my next destination. I feel the anticipation when I wake up in my airy suite overlooking Lone Cone Mountain on Meares Island. After breakfasting on eggs benny with smoked salmon and crispy potato rosti, I borrow

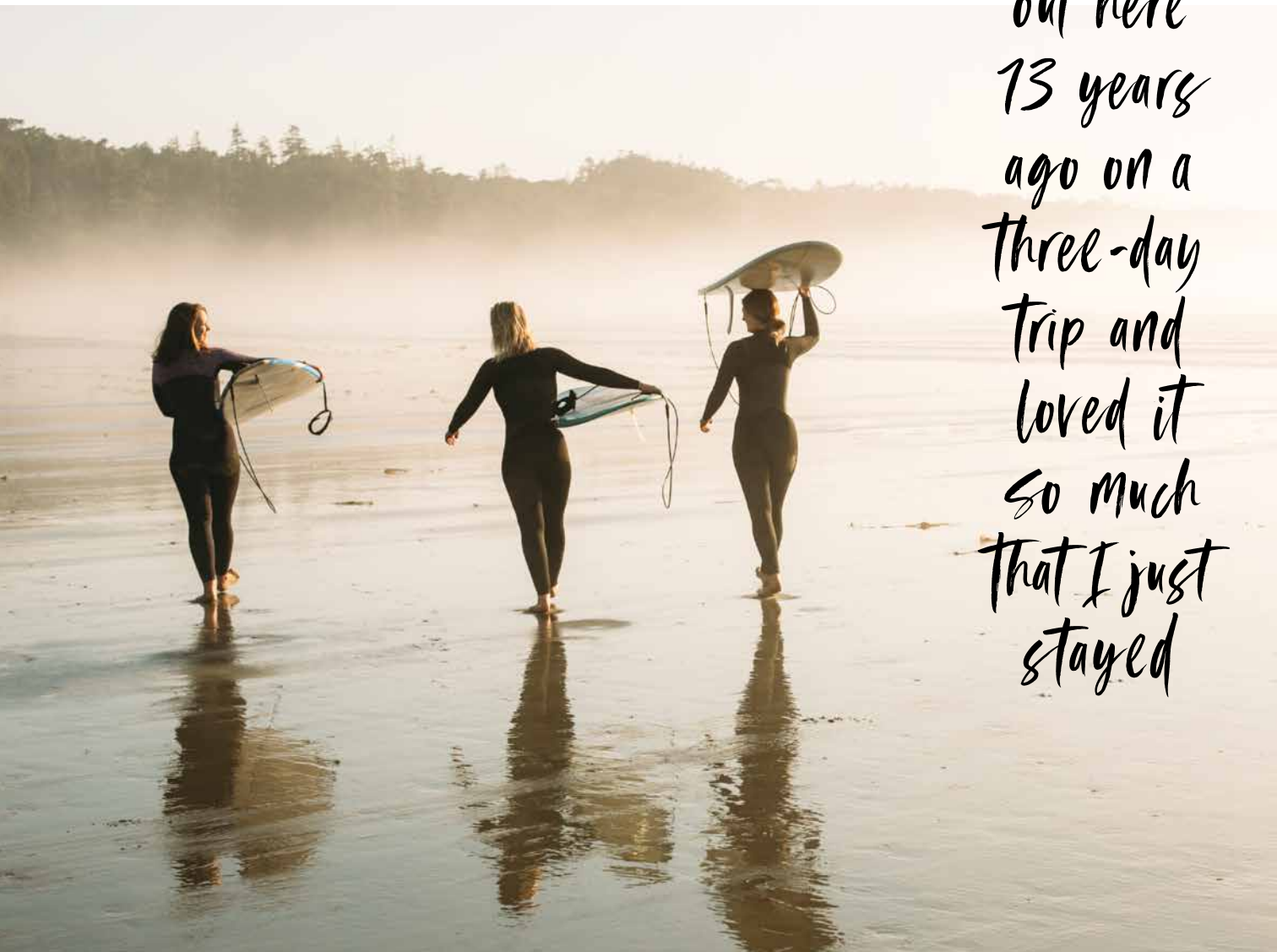
one of the resort's KHS 4 Season 500 fat bikes and ride south on the new multi-use path by the Pacific Rim Highway.

A glorious wall of white noise greets me at Chesterman Beach. Clad in neoprene bodysuits, surfers ride the waves while joyful dogs sniff mounds of seaweed. My fat tires are ideal for navigating this 2.7-kilometre stretch of hard-packed sand. I gaze toward the horizon, with only open ocean between Tofino and Japan, some 7,400 km away. Inhaling the breeze on the edge of the world feels restorative.

After returning my bike, I stroll up Campbell Street to Shed for a casual patio lunch. Proprietor Jay Gildenhuis recommends the vegetarian Attenburger: "It's a very earth-conscious choice,







I came  
out here  
13 years  
ago on a  
three-day  
trip and  
loved it  
so much  
that I just  
stayed

named after Sir David Attenborough, who advocates eating less meat.”

My black bean- and quinoa-based patty is ultra-savoury, and the Virgin Island sauce (similar to Thousand Island dressing, with tofu supplanting mayo) provides the right hint of sweetness. Fried dill pickles with buttermilk ranch dressing are another must-eat.

Chef Matty Kane heads up Shelter, Shed's fine-dining sister establishment. It's an easy choice to go there later for dinner. Seated by the front window, I enjoy a signature Stepping Stone cocktail (Tofino West Coast Gin, Moderna vermouth, Woods amaro, orange) and soak up the ambience of the airy dining room, built with reclaimed cedar and fir beams from the World War II-era Tofino airport. A surfboard

from Hawaii-born legend Gerry Lopez graces a central pillar, and the wood-burning fireplace smells cheerful.

Kane, a Newfoundland baker's son, epitomizes Tofino's go-with-the-flow attitude. "I came out here 13 years ago on a three-day trip and loved it so much that I just stayed," he says. "Something I really love is the Tofino Ucluelet Culinary Guild, which Shelter spearheaded back in 2010. It helps local chefs get the best fresh produce from Vancouver Island and the Okanagan."

I take full advantage with a multi-course feast. My flat iron steak, sourced from Hopcott Farms in the Fraser Valley, is chargrilled to medium-rare perfection and served with truffle fries. Even more memorable are the crispy Brussels sprouts with Grana Padano and toasted breadcrumbs. »

#### THAT'S JUST SWELL

Come for the food, stay for the surfing! Known as the surf capital of Canada, the region abounds with cold-water wave spots, including Long Beach, Cox Bay and Chesterman Beach



#### MAKING WAVES

Clockwise from far left: lessons and board rentals at the Surf Shack on Long Beach; Shelter's *pot de crème*, mousse cake and chocolate truffle; chef Carmen Ingham collects Clayoquot oysters

As Otis Redding's "(Sittin' on) The Dock of the Bay" plays in the background, I dig into my dessert of salted-caramel *pot de crème* and espresso mousse cake.

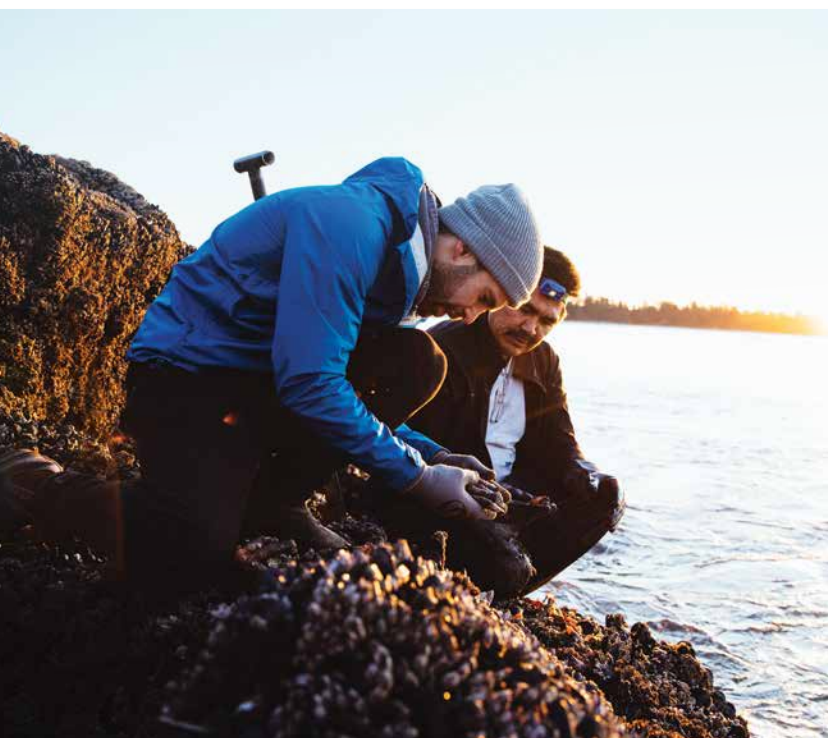
#### ON THE ROCKS

Every day in Tofino serves up new treats. Brunching at the iconic Wickaninnish Inn, I relish the elegant presentation of my scrambled eggs with oyster pearls and Hasselback potatoes. In the oceanfront dining room, chef Carmen Ingham describes his farm-to-table philosophy: "We change our tasting menu three or four times a month. I'll bring in whole animals, from lamb to pork, and we're blessed with amazing seafood. In my downtime, I go dog-walking and pick berries with my family."

After brunch, I drive to Long Beach. In this national park reserve, the sun mystically illuminates the fluffy clouds. Gulls fly low above the sand as I watch expert stand-up paddleboarders battling the currents near craggy Lovekin Rock. A driftwood beach shack enhances the picture-postcard vibe.

My afternoon blends alcohol with artistry. A scrumptious lunch of battered cod and chips awaits me at the Pacific Sands Beach Resort's Surfside Grill. I dine outdoors, swigging a Victoria-brewed Hoyne Pilsner, which inspires me to head up to the Tofino Brewing Company.

At this converted boatyard, I chat with Allan Pearson, a surf instructor and volunteer firefighter who works for the 2011-founded craft brewery. Gesturing toward my flight of beers, Pearson notes: "That Spruce Tree Ale is a massive beer for us. It's hard to pick enough spruce tips! We want to do things sustainably and make the most consistent beer we can."





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From fried Humboldt squid with poblano mayo to pork belly with maple sour cream, each course is a tour de force

Next door, the Tofino Distillery offers accessible, handcrafted cocktails. I quaff a Tijuana Go Surfing (jalapeno vodka, mango nectar, lime) and pick up a bottle of Old Growth Cedar Gin. Before dinner, I explore local art galleries, admiring Roy Henry Vickers' innovative takes on Haida motifs and Mark Hobson's vivid paintings of local wildlife.

At Wolf in the Fog, I'm excited to discover the eatery's standards haven't slipped since *enRoute* magazine named it Canada's best new restaurant in 2014. From fried Humboldt squid with poblano mayo to pork belly with maple sour cream, each course is a tour de force.

For a final change of pace, I check in for a night at the new Hotel Zed Tofino. The funky, 1970s-dream exterior only hints at the party inside: a bike path through the lobby, mini-disco and retro arcade with Donkey Kong and Galaga.

As I relax in my spacious room—with an era-appropriate rotary phone and leather lounge chairs—I listen to the gentle rain coming down. I'm wistful that my time in this coastal world is wrapping up. In the morning, I grab blueberry scones for breakfast at the nearby Tofitian Café and fresh-baked loaf of lager rye from Summit Bread Company to take home. I know I'll be back for another taste of Tofino. CAA

### DINNER IS SERVED

At Wolf in the Fog, chef Nicholas Nutting and his team put the finishing touches on signature dishes like Humboldt squid and maple pork belly

PRESENTED BY



# WE'RE ALL EARS

Psst... Worried about hearing loss? Don't be. We're sorting through the confusion about hearing health so you get the message loud and clear!

### MYTH #1

**Hearing tests are a waste of time**

#### FACT

Hearing loss isn't always age-related. It can be triggered by noise exposure, infections and other issues. So getting your ears tested is as important as visiting the dentist or optometrist. Connect Hearing offers free hearing tests to anyone over 50 in their clinics, which are open by appointment with enhanced safety protocols in place. A professionally administered test can help determine how to improve your hearing—and your quality of life.

### MYTH #2

**Hearing aids are big and clunky**

#### FACT

Many modern hearing aids are customized to your ears for a comfortable and discreet fit. They make better hearing more convenient, too, with features like rechargeable batteries, Bluetooth

compatibility (for seamless listening when synced with a TV or computer), and apps that allow you to fine-tune hearing aid settings using a smartphone or tablet.

### MYTH #3

**Hearing aids are too expensive**

#### FACT

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**For offer details and to book your hearing test, call 1-888-486-0177 or visit [connecthearing.ca/CAA](http://connecthearing.ca/CAA)**

Produced by Strategic Content Labs in collaboration with Connect Hearing.



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# Home Improvement

## GUIDE

**Before you start saving and planning for a bathroom, kitchen or basement renovation, you'll need a clear idea of what's involved, what to avoid and what to put on your must-do list. Consider this helpful guide essential reading!**

*by* LISA VAN DE GEYN  
and STACY LEE KONG



Expert tips to build  
a budget-friendly  
**bathroom**

You'd think renovating your bathroom wouldn't be such a big deal. However, "the difficulty with bathrooms: They're small spaces but they need the careful coordination of so many trades—demolition, possibly framing, plumbing, electrical, tiling, carpentry, painting, cabinetry, counters, and so on," says Virginie Martocq, interior designer and DIY guru. Here's what you need to know before starting.



To save some cash, do some jobs yourself. Installing a ceramic or porcelain tile floor is doable in a weekend.

**1. It always takes longer than you think**  
For an average four-piece bathroom, allow about two to three months to get your supplies ordered and delivered and for the design to be completed, plus about a month for the work to be done, Martocq says. "Availability of material is another big one. You need all your fixtures picked out and ordered, and ideally your tiles and cabinet, ahead of time," she adds. Changing your mind after work begins is a no-no, as it can lead to ripping things out and re-plumbing or

re-wiring. And if your general contractor doesn't have the trades lined up to work when they're needed, expect delays.

**2. Go for non-slip tile**  
Large, smooth tiles may be modern and easier to clean, but you can slip on them more easily. Instead, go for something honed or textured. "A small tile with a lot of grout lines will be more slip-resistant than a big tile. But remember: Grout can be tricky to keep clean and it should be sealed after installation," Martocq says.

**3. Consider bathroom vanities and storage in advance**  
Mirrors with recessed storage are clever tricks of the trade—manufacturers make shallow options that fit within the depth of a joist. "Nooks are great in showers too," Martocq

says, "and they can be designed with cool and interesting features—think contrasting tile, for example."

**4. Know what's worth it**  
Budgets vary from low to extravagant, but there are some things everyone should invest in. "Don't skimp on anything that goes in the wall behind a tile. A faulty diverter down the road is a nightmare," Martocq cautions.

**5. Research fixtures**  
Start with the type of fixture you want, then narrow down your aesthetic preferences. "Know what design you're after and if there are certain functions you want. For example, a single-handle faucet is great in a kids' bathroom so they don't have to set the water temperature each time," she says. Then put some thought into finishes.

Antique bronze and matte black are trendy, but if you want longevity, you can't go wrong with polished nickel or chrome.

**6. Get creative with your accessories**  
The fixtures you choose will often come with coordinating accessories, but Martocq steers clear of coordinating mirrors and lights—they can make a bathroom devoid of personality. Instead, opt for a few pieces that really pop, like vintage towel hooks. Don't worry if it doesn't all match, as long as it works with the overall look.



For modern farmhouse style, skip towel bars and opt for a ladder. Secure it to the wall for added stability.



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RENO



GUIDE

What to know before renovating your

## kitchen



Before scrapping old cabinets, consider a DIY makeover. Start by removing doors and hardware; mark all parts so you know where they go afterward. Thoroughly clean and degrease doors; let dry. Using a roller or sprayer, apply a durable, easy-to-clean semi-gloss paint. Allow doors to dry before reinstalling and attaching hardware.

### DO

#### Plan lighting beforehand

You should decide your lighting scheme before the reno starts. If new wiring is needed for your lighting layout, it's much easier to contract an electrician during the reno phase when the drywall is opened up, so backsplash switches and outlets can be added before the cabinet install and tiling.

### DO

#### Buy appliances first

The size of your appliances will directly impact the measurements of your layout, so you should choose them before finalizing your design. Pay extra attention if you opt for custom cabinets: Some appliances may require customized panels to match cabinetry. And if you don't buy them first, your fridge, stove or dishwasher could be discontinued or sold out after the pricey panels have been cut and installed.

### DON'T

#### Be frugal when it comes to your faucet

Make it a focal point. With your entire reno budget considered, why skimp on spending an additional \$100 or so? That small amount of extra money—in the grand scheme of things—can elevate the look of your entire space.

### DO

#### Upgrade fixtures to maximize organization

Who likes messy, disorganized counters? Do yourself a favour and bump the budget up a bit to include things like hidden-away storage for small appliances that aren't often used. (We're looking at you, bread machine.)

### DON'T

#### Get sucked into home-reno fads

It's easy to fall head over heels for the latest tile and countertop trends. But over-investing in a trendy, big-ticket style could backfire when the look grows tired within 10 years. These items usually aren't cheap to replace, so err on the conservative side if you know your tastes are likely to change. Instead, have fun with cabinet hardware and paint colours, which are easier (and more cost effective) to change.

### DON'T

#### Toss your old kitchen to the curb

Avoid the urge to swing a sledgehammer. Take some care during the removal process and donate your cabinets to a charitable centre that will reuse them. You usually get a tax receipt and you'll save stuff from ending up in a landfill >



Satisfy your lust for trends with paint: It's cheap and easy to change. Choose an on-point hue from the Dulux palette of the year: Big Cyprus, an earthy brown, Misty Aqua or Transcend, a go-with-anything beige.

CAA members save 25% plus earn 3% in CAA Dollars on Dulux Paints or save 30% on regular-price Cloverdale Paint

Now more than ever, you likely spend a ton of time in your kitchen—it's pretty much your command centre. So when the heart of your home starts feeling outdated and inefficient, it makes sense to invest in a renovation project. No matter how big or small the job, here are some dos and don'ts that will help along the way.



What to expect  
when renovating the

# basement

*Finishing or redoing your basement is never a small project. Here's what to expect in terms of timing, cost and insurance when tackling different types of basement projects*

## WHAT TO EXPECT IF YOU'RE

### finishing a basement

#### How much will it cost?

\$35 to \$45 per square foot. Without a bathroom, it's on the lower end; with a basic three-piece bathroom, it's more expensive. And as soon as you start adding upgrades like bedrooms, office space, a kitchenette, bar or fireplace, the price will go up.

#### Estimated timeline

Three to four weeks.

#### Are permits needed?

Sometimes. If the renovation involves plumbing or structural work, you'll need a permit.

#### Impact on home insurance

Your premiums could go up after the renovation is complete if the value of your home increases. Always speak to your insurance broker *before* starting a reno and be sure to use qualified contractors.

## WHAT TO EXPECT IF YOU'RE

### putting in a basement apartment

#### How much will it cost?

A minimum of \$55 per square foot up to \$70 or even \$80 on the high end. Legal basement apartments must meet many safety-specific building codes—which require a lot of extra materials not needed for personal-use basements. For example, legal basement apartments must be fire-separated and soundproofed from the rest of the residence. The overall cost of materials tends to be more expensive, and the same goes for the labour.

#### Estimated timeline

Six weeks, plus time for inspections. Unlike personal-use basements, which are usually inspected once, basement apartments must be inspected at each stage of the process: framing, insulation, HVAC and plumbing.

#### Are permits needed?

Yes. This type of reno requires a second-dwelling permit, and it must be stamped by an engineer.

#### Impact on home insurance

Notify your insurance provider about your new tenants, as they may impact your premium.

## WHAT TO EXPECT IF YOU'RE

### waterproofing a basement

#### How much will it cost?

\$50 to \$70 per linear foot if the contractor is waterproofing your basement from the inside; and 20 to 30 percent more if they'll be digging around the perimeter of your home to waterproof from the outside.

#### Estimated timeline

Two to four days for interior waterproofing and a week for exterior, depending on the weather.

#### Are permits needed?

Maybe. If there are excavations or structural changes, a permit could be required.

#### Impact on home insurance

Your premiums will stay the same for waterproofing, but they may decrease if you install a backwater valve or sump pump with a battery. Purchasing CAA Water Coverage is a good idea if you need insurance for potential flood losses.



# makeover magic

If you don't want to commit to a complete reno, stage your home like a pro with modern accessories and furniture. CAA members save in-store, online or earn CAA Dollars.



**LINEN CHEST**  
Betty wall clock  
Earn 5% in CAA Dollars



**INDIGO**  
Oui pillow cover  
Earn up to 5% in CAA Dollars



**LINEN CHEST**  
Waverly accent table  
Earn 5% in CAA Dollars



**BOUCLAIR**  
Solid elm wood  
and metal bench  
Save 5% online and in-store



## EXPECT THE UNEXPECTED

Home repairs and renovations are no easy task. Even with professional help, things can go wrong. When CAA member and homeowner Madelaine was renovating her new Regina home, contractors failed to properly connect the main waterline to an upstairs toilet. The result: water damage extending across three levels of the house. The ceilings, walls and flooring all needed to be replaced.

Madelaine contacted Karen Goodwin, her local CAA Insurance consultant, who advised her to make an insurance claim as soon as possible. Karen helped Madelaine file the claim and arrange for a next-day visit from an insurance company representative to assess the damage.

Karen's expert advice and assistance gave Madelaine peace of mind during a very stressful time. CAA Insurance got her help right away, so she could rest easy knowing her new home was being taken care of.

Before you start a renovation, always prepare for the unexpected. To make sure you've got the right insurance coverage, visit [caask.ca/insurance](https://www.caask.ca/insurance). CAA

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# CAA

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# WEEKENDER

*Neighbourhoods | Local Fun | Things To Do*

## NEW HEIGHTS

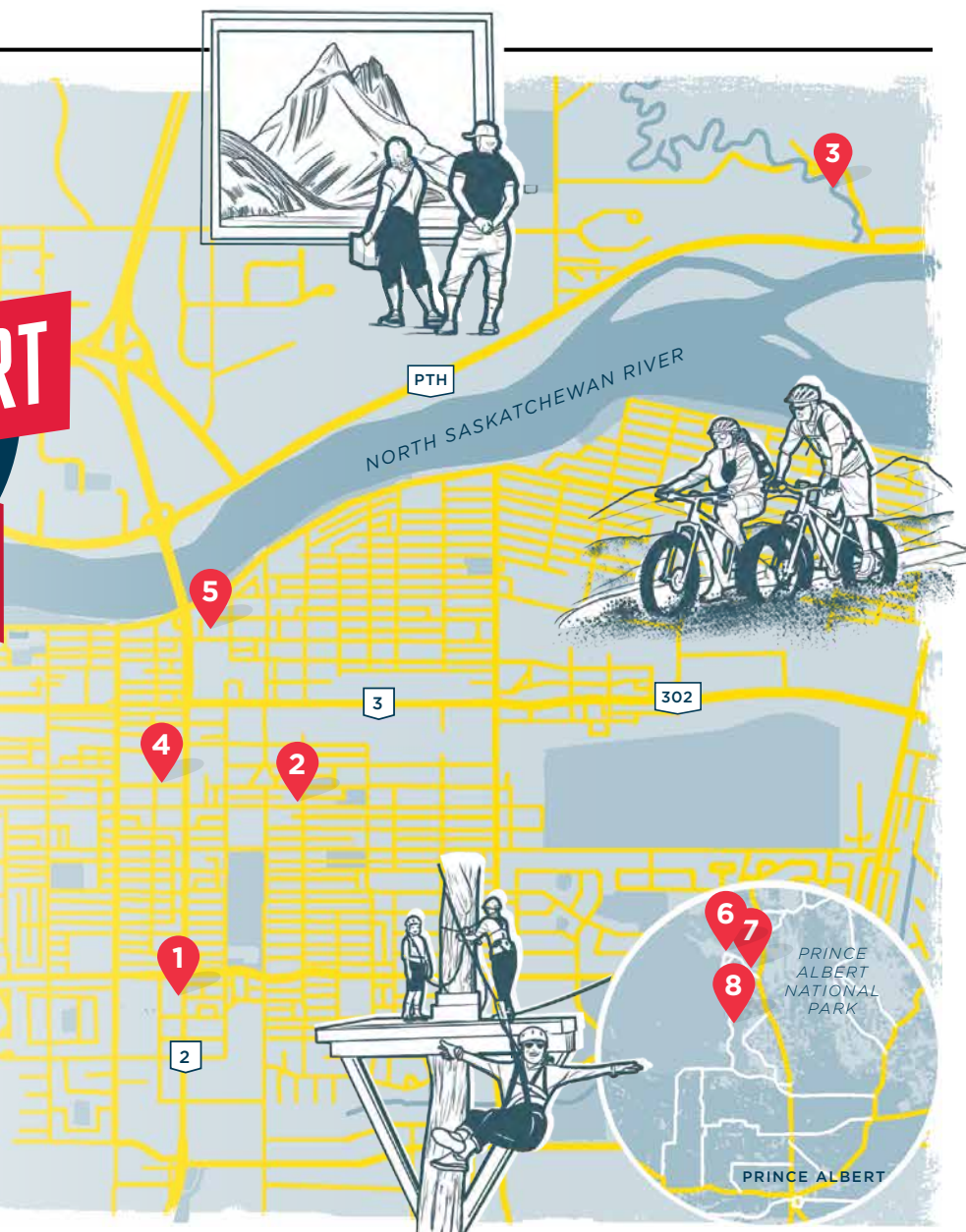
*Saskatchewan is tops! Try new adventures and experiences close to home this spring*



# PRINCE ALBERT

BY NAOMI HANSEN

IN THE PROVINCE'S north, Prince Albert is a major stopping point for lake-goers and cottagers. But it's also home to quaint museums, top-notch galleries and incredible restaurants, making it a destination unto itself.



## OUT AND ABOUT

1

EAT



One of Prince Albert's top restaurants, **The Spice Trail** serves up authentic East Indian dishes. Try the butter chicken poutine, biryani or the eatery's signature samosas. 1-2901 2nd Ave. W.

2

STAY



Spend a night at the historic **Keyhole Castle Bed and Breakfast**. The circa-1913 Queen Anne Revival-style abode boasts elegant rooms and a top-floor ballroom. 1925 1st Ave. E.

3

EXPLORE



Head to **Little Red River Park**, a popular spot for hiking, strolling and bike trails. You'll also find day-use sites that are perfect for an early-spring picnic. 690 13th St. NE

4

SEE



Visit the **John and Olive Diefenbaker Museum**, a national historic site where the former Prime Minister and his family resided from 1947 to 1957. 246 19th St. W.

ILLUSTRATIONS: JASON SCHNEIDER; 4: HISTORIC COLLECTION/ALAMY





## ALL THE WORLD'S A STAGE

The E.A. Rawlinson Centre for the Arts is a performance and cultural hub in Prince Albert. Marketing and events coordinator **Cara Stelmaschuk** says the centre is unique because it was a citizen-led initiative. Steps from downtown, the venue also houses the Mann Art Gallery, which supports visual arts in northern Saskatchewan. Stelmaschuk, a 25-year community theatre veteran, gave us a tour of the centre and her hometown.

### What's the E.A. Rawlinson Centre's main draw?

Our two in-house companies: Broadway North Theatre Company and the Youth Company. Last summer, we did a big production of *Mamma Mia!*, which was very well received. Our community-based programming is definitely a jewel in the crown of Prince Albert!

### What's your favourite neighbourhood?

We have some lovely historical buildings along Central Avenue that have been refaced, which really dresses up the street. There are a lot of charming shops too, like On the Avenue Artisan's Gallery, which features goods from local makers, and some great coffee shops

and lunch spots: Funky Fresh Café & Bistro and the Bison Café also have yummy baked goods. Central Avenue has really taken on new life; it's exciting to see.

### What do you love most about Prince Albert?

There's an independent spirit here. If something needs to happen, the community takes it upon itself—and that initiative trickles down to the business community. There are a lot of local businesses and although we're a city, there's that small-town feeling of, "We need this, so let's make it happen." I think that's really special and uniquely Prince Albert.

Handcrafted goods at On the Avenue Artisan's Gallery



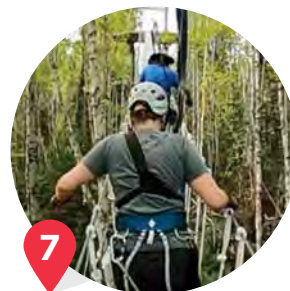
8. JASON DOUCETTE/ALAMY

## PRINCE ALBERT NATIONAL PARK

Just an hour from Prince Albert, its namesake park is an ideal day trip



The only townsite within the park, Waskesiu is home to a gorgeous beach, eclectic shopping and plenty of options for dining out. Try Restaurant Pietro for fine dining at the lake, or grab a coffee and legendary cinnamon bun from **Evrgreen Coffee & Food**.



Head to **Treeosix Adventure Park** for guided zipline tours and fat bike rentals, perfect for testing out the local terrain. With fun activities like a climbing wall and axe throwing, it's ideal for families.



The park offers a ton of hiking options for every skill level. Beginners can try the Valleyview Lookout Trail for stunning views of the Sturgeon River Valley. If you're up for a challenge, try the 8.5-km loop at **Spruce River Highlands**. **CAA**

## HIT THE ROAD

Stay safe during family road trip season with tips from CAA Saskatchewan

CAASK.CA/SAFETY

# ALL IN THE FAMILY

The coolest spots to celebrate Family Day across Saskatchewan

BY ASHLYN GEORGE



WAPITI SKI HILL

## HIT THE SLOPES

**TAKE ONE LOOK** at Saskatchewan's half-dozen ski hills and you'll see the province isn't as flat as most people think. The "land of living skies" holds

its own on the slopes with all the trappings of family-friendly alpine adventure close to home. From under-the-stars runs in the scenic Qu'Appelle Valley at Mission Ridge to Saskatoon's new and affordable Optimist Hill, there's a ski spot for every type of downhill enthusiast. For a true gem,

check out Duck Mountain Provincial Park's namesake slopes—with 22 runs boasting all-natural, knee-deep powder and breathtaking views of the boreal forest. Other worthy ski hills include Table Mountain, Wapiti Valley Ski, Timber Ridge and Kinsmen Ski and Snowboard Centre.

MEET ME AT THE REMAI



The **Remai**, Saskatoon's museum of modern and contemporary art, isn't just for grownups. At the Cameco Learning Studio, kids and teens can take part in seasonal art-making activities based on current exhibitions. Plus, every Sunday at 2 p.m., the gallery offers a drop-in family tour tailored to young art lovers.



## MOTHER EARTH

A few fun ways to celebrate Earth Day this April 22

Embrace a sustainable lifestyle by organizing a **zero-waste challenge** for the whole family. The goal is to reduce environmental impact and fit an entire month of waste in a single jar.

The Alternative shop and refillery at Regina's **Local Market YQR** makes it easy to purchase quality, locally made and sustainable goods without all the excess packaging.

Support local farmers by dining at **Odlá** in Saskatoon. The restaurant serves sustainable fare made from locally grown produce and grass-fed animals, raised just outside the city.

## SNOW MUCH FUN

Breathe in the fresh air at these wintry destinations



At **Echo Valley Provincial Park**, visitors can strap on their skates and take a spin around the Aspen Campground skating loop. Bring your own marshmallows and hot chocolate for the on-site firepits.



South of Saskatoon, a prairie creek meets the river valley at **Beaver Creek Conservation Area**. Partake in a winter stroll along the boardwalk: It's the best place to feed black-capped chickadees.



For a unique adventure, snowmobile the **1000 Miles of Snow** route between 12 communities in northeastern Saskatchewan. The groomed, marked trails feature pit stops with warm-up shelters. **CAA**

### BARK UP the Right TREE

Choosing and caring for a tree is an opportunity to teach children how to appreciate and honour our forests, says Saskatchewan-born horticulturist and landscape consultant Lyndon Penner. Here are his recommendations for the best trees to plant on the prairies.



#### SPRUCE, CEDAR, JUNIPER

Evergreens offer year-round beauty—plus habitat for birds during winter

#### AMUR & TATARIAN MAPLES

Easy to care for; fast growing with outstanding fall colour



#### BUR OAK

Grows rapidly when young; lives for centuries with no significant pests or disease issues



#### MOUNTAIN ASH

Gorgeous red fruit in winter; feeds many pollinators and birds

HOW TO

# PLAN A GARDEN

BY KELLIE DAVENPORT

**HOW DOES YOUR GARDEN GROW?** With some thoughtful planning and expert tips, it'll yield a bounty of fresh produce. Of course, the benefits of gardening extend far beyond the dinner plate: Research from McMaster University shows it helps maintain physical fitness, boost self-esteem, foster creativity and restore calm. A garden is also a good way to trim your grocery bill, while teaching kids about food and nature. Follow a few simple strategies to plot out a garden and care for it until harvest time—green thumb not required!



## Survey your land

How much space can you dedicate to a garden? Keep in mind you should be able to easily reach every corner. Choose a spot with full sunlight, away from shade-giving trees/bushes. Ensure a hose or other water source can comfortably reach desired plot.

## Plot it out

Plan straight rows for an in-ground garden (opt for quadrants for raised beds). Using labelled garden stakes, mark rows about half a metre apart to allow you to move freely

between rows. A centre row of stepping stones provides easier access for watering and weeding.

## Dish the dirt

Check with your local garden centre to determine the right type of soil for your location. Aim for about 15 cm of depth and consider topping with a layer of compost for added nutrients.

## Veg out

Depending where you live in the province, mid-May is typically the optimal time to sow seeds. Plant bushy

tomato plants (1), tall corn (2) and trellised peas (3) near the rear edge to limit shading. Plant early-harvest veggies, like onions (4) and lettuce (5), toward front of garden. Avoid growing tomatoes and potatoes (6) next to each other as they share common diseases. Other options include beans (7), rhubarb (8), carrots (9) and cucumbers (10).

## Fruit and flowers

Many fruits, such as raspberries (11) and Saskatoon berries (12), flourish in Saskatchewan, while flowers encourage

pollination. Set tall sunflowers (13) in the back row to limit shade; break up rows of veggies with shorter blooms, including pansies (14) or marigolds (15).

## Just add water

Water a couple of times a day early in the season to help establish roots and germinate seeds. After that, a thorough water once daily should do it. Try to water at ground level, directly at the roots, and water in the morning to prevent moisture buildup and overnight mildew growth.



Some tender plants (like tomatoes, peppers, cucumbers and squash) are more sensitive to frost. Give them a head start indoors.

In March, pick up potted seedlings at a garden centre or do it yourself by planting seeds in small plastic pots with ample drainage.

When temperatures climb above 5 C daily, set seedlings outdoors, so they get used to the outside air.

Transplant seedlings to the garden at the end of May, after the frost risk has passed.

Once in the ground, be sure to water often: Seedlings need to establish a firm root system and topsoil tends to dry out quickly. **CAA**



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