

CAA

SASKATCHEWAN MAGAZINE



SUMMER 2022

PLUS

ROAD TRIP GUIDE

TRAILER KNOW-HOW

BEST OF BRITAIN

ROSTHERN GETAWAY

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Destination Indigenous





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COVER: TOURSIM SASKATOON



HERE COMES THE SUN!

It's time to kick back, hit the road and bask in a glorious Saskatchewan summer

MANY OF US CAN'T WAIT to enjoy the wonderful warmth and sunlit scenery of a Saskatchewan summer. Our province has so much to offer—from picturesque parks to thousands of lakes with a variety of recreational opportunities, including camping, swimming, waterskiing, fishing, hiking, golfing, canoeing, kayaking and more. A summer road trip sounds like just the thing we need to unwind, relax and revel in the great outdoors.

While cruising on your summer road trips, why not take rest breaks and pit stops along the way at some of the province's unique attractions and shops? You'll also be supporting our local economy. Turn to our On the Road column on p. 51 to meet some of Saskatchewan's innovative makers and artisans.

Road trip season is also a good time to remind you not to leave home without your CAA membership card or the CAA App on your smartphone. Make sure your membership is up-to-date so you'll be covered for roadside assistance when you're out and about, from tows to unlocking vehicles and battery boosts.

Speaking of road trips, you can pick up a CAA Roadside Safety Kit at any of our 12 CAA Stores conveniently

located in nine Saskatchewan communities. While you're there, stock up on some automotive and travel accessories. Our professional staff can also help with any of your membership benefits or travel needs.

And who better to help with summer road trip safety than CAA? Our road trip guide on p. 37 is loaded with tips, advice, practical information and even a highway-worthy playlist.

Let's not forget about driver and road safety. Our current campaign, **#BeforeYouDrive**, focuses on distracted driving—because we know there are many distractions right inside our vehicle. Even our fancy in-vehicle technology can cause a distraction. Before you step on the gas, be sure to check your phone, set the GPS and tend to passengers because a safe ride is a distraction-free ride. Learn more on p. 10.

Thank you for being a member of the CAA Saskatchewan family. Best wishes for a safe and happy summer.

Brian L. Barber
Chair
CAA Saskatchewan Board of Directors

CAA

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Paint With Confidence

New From Dulux® Paints: washable, interior paint that is long-lasting and easy to clean



Do you scrub your walls so hard

to remove crayon marks, food splatter or the residue from everyday living that you rub the paint right off? If you find yourself thinking that there has to be a better way to clean your walls without damaging the paint, you're not alone.

Clean freaks rejoice! Available in over 1,800 colours, *Dulux Diamond Distinction™* is a revolutionary interior latex paint specially formulated with Clean Surface Technology™. Stains wipe away quickly and easily with an all-purpose cleaner. It's that simple, plus it's suitable for all households.

THE BUSY FAMILY

Every parent knows the messes that children can make. That's why painting well-used kids' spaces with *Dulux Diamond Distinction* is a no-brainer. This paint wipes completely clean, so you can rid your walls of greasy fingerprints, crayon marks and even paint splatter from arts and crafts. Even when cleaned regularly, your walls will still look brand new. Plus, it's low-odour and non-toxic, so you can feel comfortable using it around your children.

COLOUR TIP

Get the kids involved in choosing the paint colours for their rooms so they'll be more inclined to keep the space tidy. Seek paint colour inspiration from their toys, picture books and bedding.

THE SAVVY HOST

Do you love cooking meals for friends and family, but don't love how food somehow ends up everywhere? Red wine, curry, pasta sauce, coffee spills—you name it. No need to stress about getting those stains out immediately. With *Dulux Diamond Distinction* washable paint on the walls, food wipes off easily without leaving residue, even if you leave the clean up until the next morning.

COLOUR TIP

Choose a deep, rich burgundy or muted green to give your dining room an elegant look, while a cheery yellow shade brightens a breakfast nook.

THE PET OWNER

Whether you have a 60-pound golden retriever or a smaller pooch, homes with pets certainly see their share of animal-related incidents. From puppy training accidents to scuff marks from repeated pawing to mud and muck from daily walks, with *Dulux Diamond Distinction* on your walls, messes clean up easily. Plus, the washable formulation is mildew resistant.

COLOUR TIP

Mudrooms and laundry rooms see a lot of activity from all members of the household, including four-legged friends. Freshen up the space with a warm, on-trend neutral tone.

PAINT LIKE A PRO

Get the job done quicker, better and smarter with these expert tips from *Dulux*

USE A GOOD BRUSH AND ROLLER

Cheap brushes lose their bristles, don't hold as much paint and leave uneven marks on the surface. Investing in good-quality materials—including paint—sets your project up for success.

USE AN EXTENSION POLE

Not just for ceilings, get excellent results faster without getting tired by painting your walls with a roller on an extension pole.

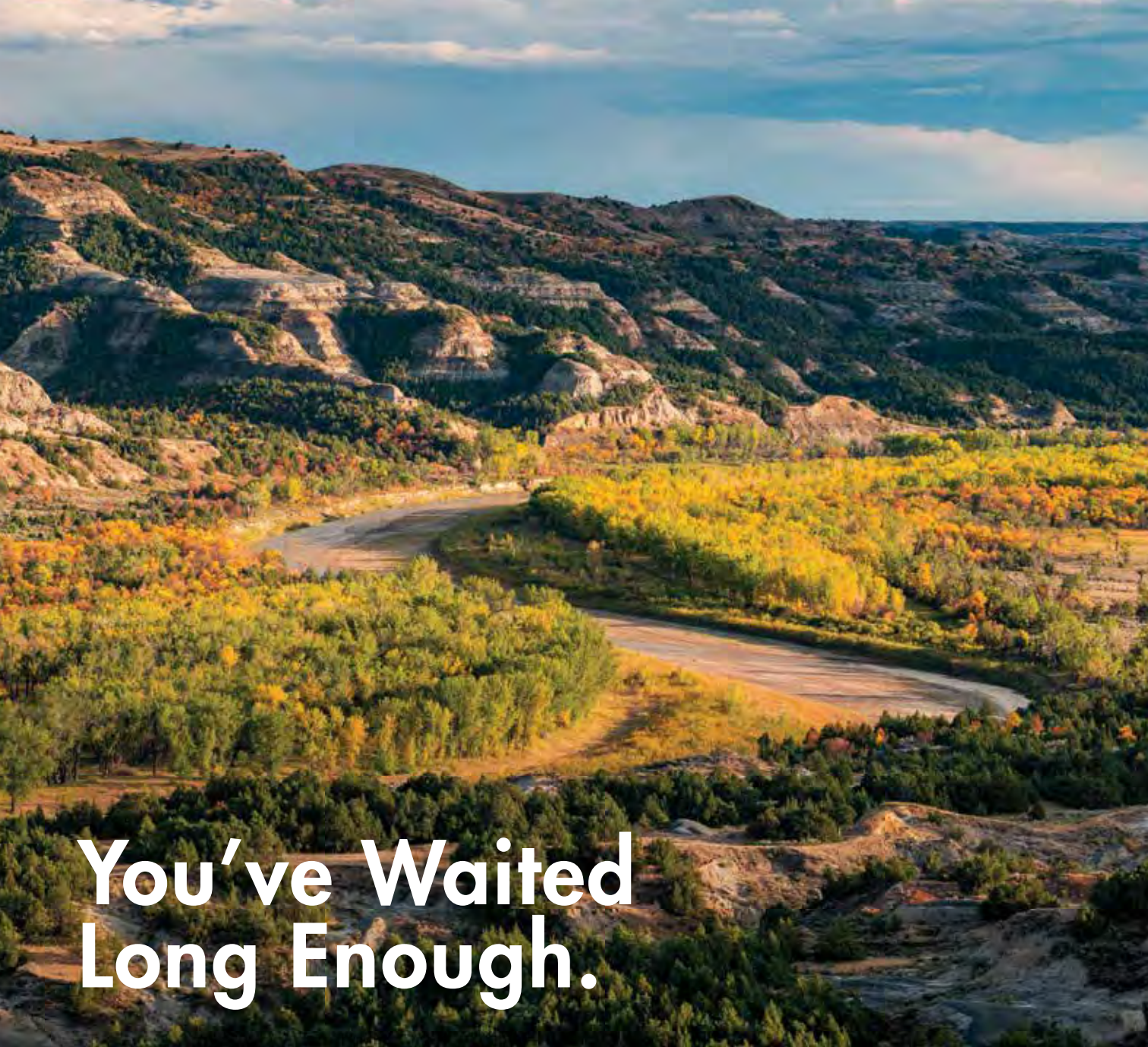
USE PAINTER'S TAPE

Smooth the edges by rubbing the tape with your fingernail and remove it before the paint dries. This ensures clean paint lines and prevents the tape from bonding to the surface.

CAA Members save 25% on regular priced *Dulux* paints, earn 3% in CAA Dollars and save 10% on accessories. Visit [Dulux.ca/CAA](https://www.dulux.ca/CAA) for details.

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CAA INSIDER

Club News | Member Perks | Family Fun



SLOW DOWN MOVE OVER

MAY 10 IS CAA'S ANNUAL Slow Down Move Over Day, a national day of safety in observance and recognition of first responders working on our roadways, including tow truck operators, police officers, paramedics, fire department crews, construction workers and highway patrol staff. Every year, CAA Clubs across Canada have designated the second Tuesday in May to bring attention to this important safety issue.

"Saskatchewan highways aren't just roadways," says Randy Schulz, fire department chief in White City. "They are our work zones that we set up and mark to let motorists know we're on the job, helping people who are expecting us to

help them," he says, noting that his department has seen many close calls.

"On a daily basis, we're reminded of the dangers of our profession as first responders working on Saskatchewan roads," adds Scott McIntyre, vice-president of automotive services at CAA Saskatchewan. "Motorists must respect tow truck operators, who are working to help keep them safe. At the end of their shifts, they just want to return home to their loved ones."

Remember: Slow to 60 km/h for all first responders working on Saskatchewan highways. Slow down move over: It's the law.

Learn more at caask.ca/safety.

SCHOOL SAFETY

STREET SMARTS

Every year, CAA dedicates the month of May to our 4,100 CAA School Safety Patrollers in Saskatchewan. Across 70 communities in 150 schools, these student volunteers keep school zones safer by helping schoolmates cross streets to and from class. Since 1951, CAA Saskatchewan has owned, coordinated and managed the program, which fosters confidence, responsibility and leadership among students. This year, CAA is providing school coordinators with in-school activity kits, which include



opportunities for enhanced patroller recognition in their school and community. We also include a small honourarium to help coordinators plan a patroller celebration,

like a pizza party or afternoon movie. Coordinators must register annually with CAA Saskatchewan in order to receive complimentary training materials, reflector vests,

stop paddles, whistles and pins. Patrollers also receive classroom training with law enforcement officials and their school coordinator. To register your school, visit caask.ca/patrollers.

Dean Smith and WWT travellers in Iceland



WESTWORLD TOURS

TRAVEL TALES

Headquartered in Regina, CAA Saskatchewan's WestWorld Tours (WWT) has grown into Western Canada's premier motor-coach tour company. Since 2000, WWT has served thousands of Canadians from coast to coast with escorted travel throughout North America and around the world.

Founder and vice-president Dean Smith recently retired after 21 years of managing WestWorld Tours. Members and clients may have met Dean on tour or joined him on a wild Icelandic adventure. We thank Dean for his dedication to growing WestWorld Tours, which is one of the country's most reputable travel companies offering tours in over 28 countries, on all

seven continents.

WestWorld Tours also has some of the best tour directors in the travel industry. The experienced team of professionals are courteous, efficient, friendly—and loads of fun too! All tour directors have earned First Aid, CPR and AED certification, and completed the World Health Organization (WHO) Covid-19 and workplace training. WWT clients rest easy knowing

their tour director is with them throughout the tour, from start to finish.

A few years ago, the company also launched Women Xplorers to provide opportunities for women to enjoy exciting tours with other like-minded women. When you're ready to travel again, trust WestWorld Tours, where dependability is a tradition. Learn more at westworldtours.com.

MEMBER PERKS

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TRAVEL DEALS

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A CAA membership is more than just roadside assistance. It's a way of living a life full of confidence, freedom and valuable savings.

SHOP AND SAVE

Your CAA membership gives you unlimited access to CAA Rewards, one of Canada's largest loyalty programs. Enjoy deals and discounts at your favourite retailers, restaurants, hotels, activities and more.

MEMBERSHIP COVERS YOU

...and not a specific vehicle. If you're a passenger in someone else's vehicle or driving a rental, we will still come to your rescue.

INSURANCE PERKS

Members save 10% on CAA Home Insurance. Bundle it with PlatesPLUS Auto Insurance for an additional 10% savings. CAA also provides complimentary personal accident insurance of at least \$5,000.*

WORST ROADS

BUMPS IN THE ROAD

Every year, CAA Saskatchewan invites all road users, including drivers, cyclists, transit riders and pedestrians, to weigh in on the province's Worst Roads—roadways in need of improvement due to things like potholes, congestion, poor signage and safety concerns. Saskatchewan has over 228,000 km of roads—more than any other province. That's a lot of road to cover, which is why this campaign exists. As an advocate for road safety, CAA compiles this information and releases an annual top 10 list, designed to spark a dialogue with government officials and help pave the way for safer roads across the province. CAA Saskatchewan acknowledges ongoing improvements, but there is still work to be done to repair potholes, cracks, signage, general disrepair and infrastructure. CAA's 2022 Worst Roads ended in April, so head over to [caask.ca/worstroads](https://www.caask.ca/worstroads) to see the complete list.



ILLUSTRATIONS: STORIES/FREEPIK; ROAD: JAMIE VANBUSKIRK/ISTOCK

*CAA Home Insurance, PlatesPLUS Auto Insurance and Personal Accident Insurance are underwritten by CAA Insurance Company.



BEFORE YOU DRIVE

Reduce distracted driving by taking control of technology before you hit the road

BY CARLY PETERS

FROM SELECTING your favourite playlist to setting up the GPS, a recent CAA poll revealed more than three-quarters (79 percent) of drivers have done something on the road that's considered distracting or dangerous. What may seem like minor distractions are actually causing big problems on Canadian roads.

Motorists who drive distracted are eight times more likely to be in a crash or near-crash event compared with non-distracted drivers. But here's an

“
CAA's latest campaign aims to remind motorists that technology is meant to assist, not replace the driver
”

even more sobering statistic: Distracted driving contributes to 21 percent of fatal collisions every year, which is up from 16 percent just a decade ago. In some parts of Canada, distracted driving fatalities have surpassed those caused by impaired driving.

Unsurprisingly, technology remains a top distraction for drivers. According to the National Highway Traffic Safety Administration in the U.S., sending or reading a text takes

your eyes off the road for five seconds. At 90 km/h, that's like driving the length of an entire football field with your eyes closed. CAA research also shows 47 percent of Canadians admit to typing or using the voice-memo feature to send a message while driving.

Though it's not just personal devices competing for a driver's attention. The expansion of in-vehicle technology has made driving more like multitasking—which proves detrimental for road safety.

“Today's vehicles are incredibly rich,” explains Christine Niemczyk, director of corporate communications with CAA Saskatchewan. “We can scroll through our favourite music app, get text notifications and alerts on the outside temperature. Individually, these are great. Collectively, they distract us from our single most important job behind the wheel: driving safely.”

Research has shown that even if your eyes are on the road—with your hands on the wheel—if your mind is taken off the task of driving, you are distracted. Which means you might not see a child run onto the road or you could miss a cyclist turning into your lane.

To help reduce this cognitive clutter, CAA's latest campaign aims to remind motorists that technology is meant to *assist*, not *replace* the driver. Motorists should avoid distractions they can control. “The great news: Distracted driving is entirely preventable,” Niemczyk notes. Set your GPS before heading out. Adjust your seat, mirrors and other vehicle settings prior to putting the vehicle in gear.

“In short, do it all before you drive so you can keep your eyes and mind on the road.” For more smart driving strategies, visit caask.ca/safety. CAA

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A Man Who Doesn't Like to Miss

Hockey great Darryl Sittler keeps an ear to the ice

WHETHER IT'S LEADING A CHARGE

down the ice, chasing down a scoring opportunity or getting the puck in the net, Darryl Sittler doesn't like to miss a thing. That's how he became a Canadian hockey legend, with an unbroken record of scoring 10 points in a single game for the Toronto Maple Leafs—not to mention scoring the winning goal in the Canada Cup of 1976, and being inducted into the Hockey Hall of Fame in 1989.

To avoid missing out on whatever comes next in life, Sittler has always

believed you have to be prepared. As a kid, it meant working on his skills all summer to be ready for hockey season. Today, it means taking care of his health so he'll always be able to get the most out of his busy life.

For Sittler, that typically means an annual physical, eye exam—and hearing test. He noticed for some time that he could not always hear everyone in a crowded corporate suite or at a restaurant with friends. But owing to Covid, he hadn't had a hearing check in 18 months. He decided to visit the Connect Hearing location near his cottage in Orillia, Ont.

"They were awesome," Sittler says. "The test was very easy and didn't take long. And they did a great job of going through the instructions—showing me how to look after the hearing aids, change the batteries... that sort of thing."

Now, he notices how much clearer everything sounds (and he doesn't have to ask his wife to repeat something she says from another

room). He's not worried about people seeing him wear hearing aids: "I'd rather have a hearing aid on and be part of the conversation, and not miss out on things with my grandkids or other conversations."

To Sittler, looking after your hearing is a health issue. "I'm happy to do what I can to increase awareness if it helps people. I don't want there to be a stigma about hearing loss."

As a long-time ambassador for important health issues such as cancer, he knows he can use his voice to help people take care of themselves. "If I can encourage people not to wait and go get their hearing checked, I'm happy to do it." After all, he knows firsthand how much better life can be when you don't miss a thing.

Look after your hearing health, so you get the most out of the best things in your life. CAA Members can save **up to \$2,000** on a pair of Select level hearing aids and **15%** off everyday listening products with Connect Hearing.*

Don't miss a thing. Book your hearing test at connecthearing.ca/caa or call 1-888-486-0177

*Visit connecthearing.ca/caa for complete terms and conditions

HOW TO SHOP



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THE GUIDE

Rewards | Travel | Auto | Lifestyle

TOE THE LINE

Rugged sandals with adjustable elastic laces and reinforced toes work well for many summer sports

SKIP TO IT

Sync this smart skipping rope to your phone to record jump counts and calorie burn

GET IN GEAR

JAVA ON THE GO

The collapsible filter on this gourmet pour-over coffee maker packs neatly into a backpack

Stock up on essential gear (and a few creature comforts) to hike, bike, paddle or cast your way through summer. Shop through the **CAA Rewards eStore** and you'll earn CAA Dollars or save when you checkout.

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SAIL

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PRFO SPORTS
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ALTITUDE SPORTS
GSI Outdoors gourmet pour-over java set
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E-BIKE BASICS

Electric is a buzzword in the automotive world, but it's also gaining traction in cycling circles. Electric bikes offer the best of both worlds: pedal power and electric speed. Brush up on some basics before you go for spin.

WHAT IS AN E-BIKE?

Electric bikes use a motor to help riders pedal for an easier ride. Though models and motors vary, most kick in when you start to pedal and adjust according to your rate of pedalling.

HOW FAST AND FAR?

Standard models are typically capped at 25–32 km/h. Ranges vary between 25–100 km, depending on the battery, rider weight, speed and level of pedalling.

WHAT ABOUT CHARGING?

The battery takes up to six hours to charge from a standard wall outlet. Most batteries can be removed from the bike for easier charging.

WILL I GET ANY EXERCISE?

More pedalling can help conserve battery life and increase your fitness. Many e-bike users get more exercise because they use the bike longer and more frequently.



WHERE TO BUY?

CAA Rewards partners like PRFO and Altitude Sports sell e-bikes. In Saskatoon, Bruce's Cycle Works offers electric options, from city cruisers to mountain bikes, and a full range of accessories: CAA Members **save 10%** in-store or online.



PRFO SPORTS
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Safe Summer Driving Tips

1. Before you drive, reduce distracted driving by adjusting your seat, mirrors and other vehicle settings. Keep your eyes and mind on the road.
2. Buckle up. Ensure seat belts are used by all occupants. Children must be properly secured in car or booster seats.
3. Drive according to weather and road conditions.
4. Slow to 60 km/h on Saskatchewan highways for working tow truck operators and first responders. It's the law.
5. Remember CAA Roadside Assistance is available, 24/7, 365 days a year.

caask.ca/safety

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TRAILER TALK

When you're ready to get hitched, follow these tips for safer towing

BY GRAHAM HEEPS



AS ROAD TRIP SEASON APPROACHES, many Saskatchewanians are dusting off their RVs and cleaning their boats for summer trips. Whether you plan to tow a camping trailer, watercraft or even a car behind your RV, here are some tips to keep you safe on the road.

THE RIGHT COMBO

All vehicles are rated to tow up to a certain weight, but more power doesn't always mean better towing. Aerodynamic camping trailers and boats cut through the air better than boxy designs, which puts less strain on the tow vehicle. "You can downshift to climb a mountain, but you can't cross the Prairies in second gear at 4,000 rpm," says Scott McIntyre, CAA Saskatchewan's VP of automotive services.

STABILITY MATTERS

A good hitch setup puts the ball close to the rear of the tow vehicle. In general, the further it is from the rear axle, the less stable the combination will be as the trailer exerts more side-to-side leverage. This is the reason why vehicles with shorter rear overhangs tend to tow well, and why a fifth-wheel—with its pivot point over the rear axle—provides very good stability.

WEIGHT DISTRIBUTION

The configuration of the ball mount and hitch also impacts the effectiveness of a weight distribution system, which is designed to transfer weight from the trailer to the vehicle axles. "If the rear of the tow vehicle sits too low," McIntyre explains, "it's more likely the ball mount is not configured properly—rather than it being a problem with the vehicle springs."

TRAILER MAINTENANCE

Ensure the trailer itself is in good shape before you leave. Tires should be correctly inflated on both the tow vehicle and trailer. Check the trailer's brakes, too. For electric brakes, roll forward slowly and activate the brake control on the dash to see if it stops the vehicle. For boat trailer-style surge brakes, backup uphill (on a driveway for example) to see if the brakes engage.

TOWING A CAR

If you plan to tow a vehicle behind your RV, first check that the car is suitable for flat towing. And always use the correct baseplate kit for the vehicle in question to secure it to the tow bar. Heavier cars will also need a supplemental braking system. Never back up when the car being towed is connected because it's surprisingly easy to bend or damage the tow bar. **CAA**



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WORST CASE SCENARIO

What you can do to minimize damage to your property in the event of a disaster

BY ALLAN BRITNELL



“NO MATTER WHERE YOU LIVE IN CANADA, you have to expect weather-related events,” says Ryan Jacobson, CEO of the Saskatchewan Safety Council. From floods and forest fires to tornados and hail, natural events can have devastating impacts on hydro and telephone lines, water treatment plants, roadways—and our homes. Here are some steps you can take to protect yours.

SPRING MELT

Every year, rapid snow melt floods countless basements across the province. It’s vital to have your property graded so water flows away from the foundation. Physically move any snow that has piled up against the building, and make sure your downspouts discharge at least four feet away from the foundation.

OVERLAND FLOODING

If you live in a flood-prone area of Saskatchewan, consider stockpiling sandbags or purpose-made “flood bags,” which are filled with absorbent crystals that will suck up water. Make sure all basement windowsills are above grade and install caps over window wells. If you have a sump pump, invest in a backup battery to keep it pumping.

HIGH AND DRY

Protect documents, family heirlooms and irreplaceable items by keeping them out of the basement where they can be damaged by water. If flooding is imminent, move electronics, paint and household chemicals to upper floors. If you need to evacuate, grab passports, identification, insurance information and other important paperwork.

WIND RESISTANCE

Tornados and plow winds can be deadly and devastating. When it’s time to reshingle your roof, ask your contractor about shingles and fasteners rated for hail and high winds. “You should designate somewhere in the house as an emergency shelter area,” Jacobson advises. Think the basement or a bathroom away from windows.

FIRE PATROL

If you’re in a forest fire risk zone, minimize the amount of flammable materials that are close to the property. Store firewood well away from the structure, trim vegetation, and use gravel or other non-flammable ground cover close to the your home. Finally, install fire-rated roofing and siding materials that will slow the rate of ignition.

COVER UP

The right insurance offers peace of mind and saves financial headaches. CAA Water Coverage protects against overflow of water from lakes or rivers, surface water from sudden heavy rainfall, ground water or rising of water table, and sewer backup. Visit [caask.ca/insurance](https://www.caask.ca/insurance) to learn about customizable plans and Member-exclusive discounts. **CAA**

P.E.I. IS NO SMALL POTATOES

No other province captures the essence of Canadiana quite like the site of Confederation

BY ALEX CORREA



1

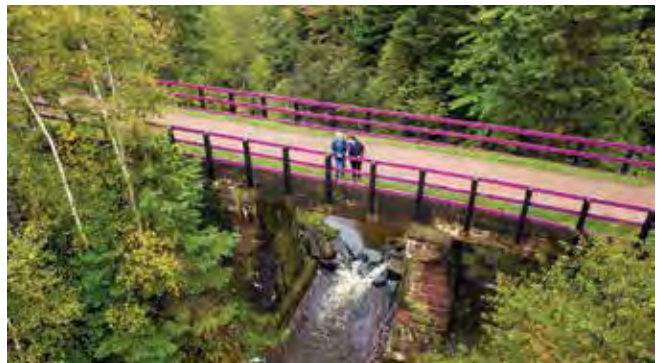
READ THE ROOM

To celebrate the life of prodigal daughter Lucy Maud Montgomery, the island province is full of commemorative sites, from the writer's birthplace in New London to her final resting place in Cavendish Cemetery. Visit Green Gables Heritage Place, the idyllic farmstead that inspired the author's 1908 classic, *Anne of Green Gables*. Be on the lookout for costumed interpreters dressed as characters from the book, even the dreamy Gilbert Blythe.

2

TAKE A HIKE

Canada's smallest province boasts some of the country's prettiest trails. The North Cape Nature Trail features a boardwalk overlooking sheer coastal cliffs. Indulge in the spiritual energy of the Bonshaw Trails, a riverside pathway used by the Indigenous Mi'kmaq



when the river was known as Ji'ka'we'katik. If you've got a few days, trek the

Confederation Trail, which spans 273 kilometres from shore to shore.

1, 4: STEPHEN HARRIS/TOURISM PEI; 2: SANDER MEURS/TOURISM PEI

3

SONG AND DANCE

The **Confederation Centre of the Arts** is a National Historic Site and home to the province's annual Charlottetown Festival, featuring performances by Canadian artists and Mi'kmaq heritage actors. Plays scheduled this summer include *Tell Tale Harbour*, *Hey Viola!*, based on civil rights pioneer Viola Desmond, and the ever-popular *Anne of Green Gables: The Musical*.



5

REEL 'EM IN

For centuries, the island has been a titan in the fishing industry, but it's best known for **shellfish**. From succulent steamed mussels and local oysters with a splash of lemon zest to fragrant pan-seared scallops, the options are bountiful and worth repeating every meal of your stay. For a real taste of the island, order a fresh-caught Atlantic King Crab or local lobster dripping with buttery sauce. **CAA**



4

GO BEACHCOMBING

P.E.I. offers plenty of aquatic activities for visitors in search of calm water exploration or total adrenaline-pumping tidal action. Nestled in the Gulf of St. Lawrence, coastal bays and inlets create the perfect backdrop for **sea kayaking**. Souris Beach, Red Sands Shore and

Points East Coastal Drive are all ideal locations to take to the waters, especially if you're a novice looking for lessons or guided excursions. For those seeking thrills (in a safe, controlled environment), **PEI Kiteboarding** located at Green Gables Shore is your best bet.

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IT'S EASY BEING GREEN

Reduce your travel carbon footprint by visiting a sustainable hot spot

BY KAREN KWAN & KELLIE DAVENPORT



Grasslands National Park

HAS YOUR TRAVEL TAKEN on an eco-friendly focus? The market for responsible tourism is expected to grow to \$333.8 billion by 2027. But what exactly is ecotourism? It goes beyond recycling and towel use in hotels. It means visiting places that work to conserve the environment by employing sustainable practices, modes of transport and even building materials. Plan a road trip to one of these eco-minded spots across Western Canada.

FALCON TRAILS RESORT

Hike into a High Lake eco cabin at this property located in Manitoba's Whiteshell Provincial Park. The six comfy cabins were built using alternative eco-friendly materials, such as live-edge timber frames and straw-bale insulation. The resort recently installed two solar arrays, which help power all of its cabins on Falcon Lake. Guests can head to the nearby Falcon Ridge Trails for hiking or mountain biking.

BLACK FOX FARM & DISTILLERY

Top-quality terroir is at the heart of this Saskatoon gin and whisky distillery. Reducing environmental impact on that land is also part of its mission. The family farm reuses 95 percent of its water and uses spent grains and fruit as compost to fertilize the fields. Other sustainability initiatives include minimum tillage, the use of a high-tech drip irrigation system, and organic cleaning solutions.

FOREST HOUSE WILDERNESS LODGE

The eco resort near McLennan Lake began as a small cabin in the woods some 30 years ago. The off-grid property now comprises a main lodge and two log cabins built with local trees. In the heart of Saskatchewan's boreal forest, guests can nibble on produce from the self-sustaining garden, take a guided nature walk or join a forest ecology talk by an ethnobotanist to learn about medicinal plants.

FRONTIER NORTH ADVENTURES

The outfitter launched Churchill's very first recycling program and runs its lodge with a grey water management system. Guides also stick to a strict trail network in the Churchill Wildlife Management Area in order to protect the fragile tundra ecosystem. In 2021, the company also debuted the world's first electric-powered Tundra Buggy and plans to convert its entire fleet by the end of the decade.

GRASSLANDS NATIONAL PARK ECOTOUR

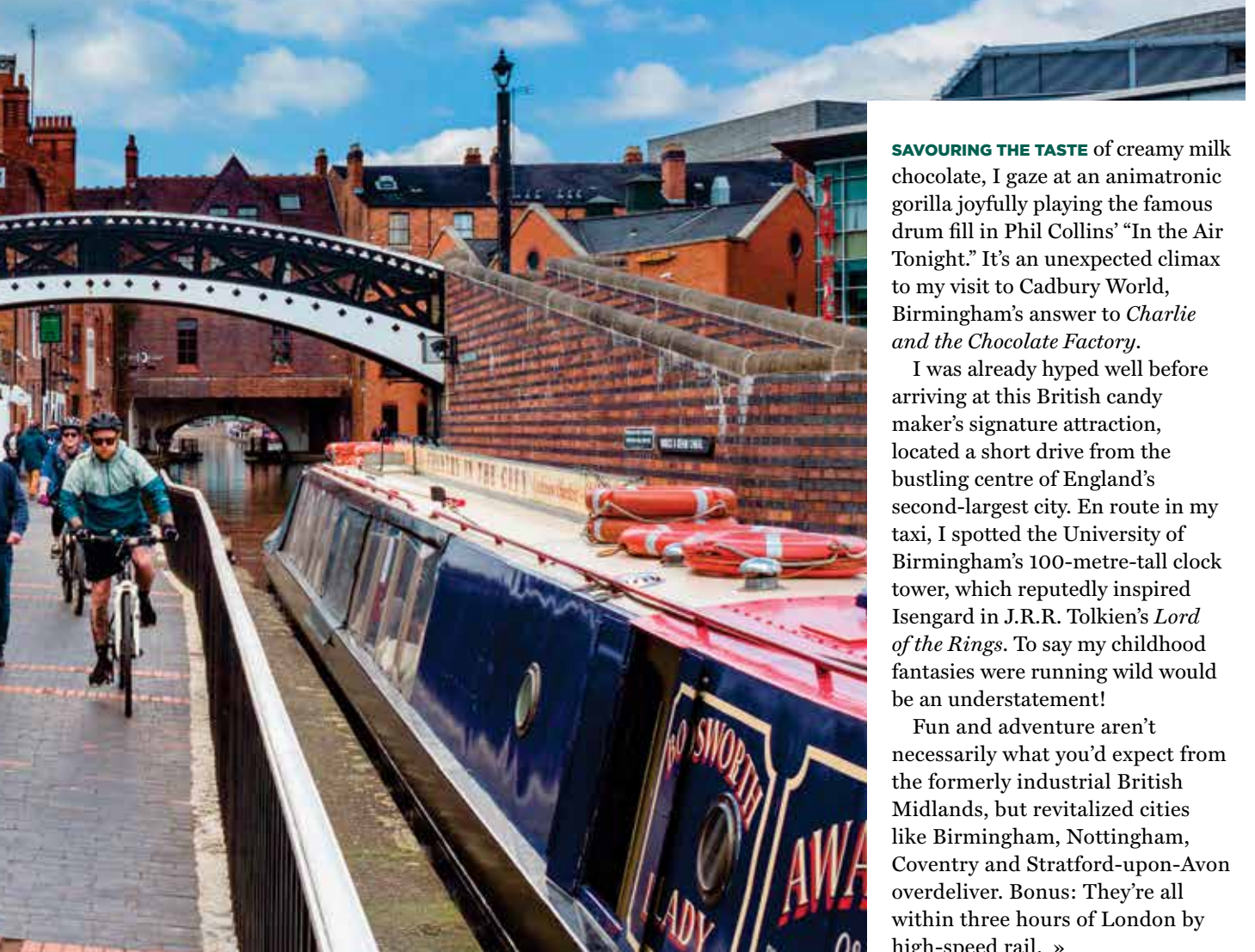
One of the most scenic drives in the province, this self-guided tour weaves through the pristine landscapes of Frenchman River Valley. The 20-km route in the park's west block features walking and hiking trails, picnic areas, information panels and plenty of viewing points to spot wildlife. Be on the lookout for roaming bison and prairie dog colonies, as well as historic homesteads and ranching sites. **CAA**



Part of Birmingham's canal network, the Gas Street Basin is lined with pretty pubs, shops and pedestrian walkways

To Birmingham and Beyond

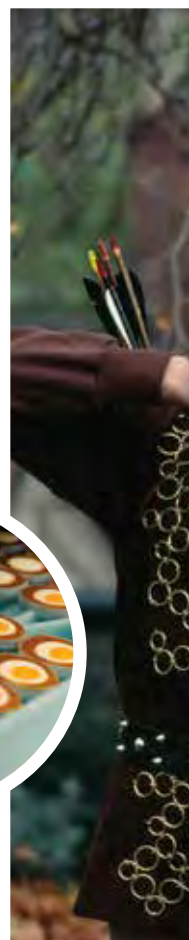
Home to Robin Hood and Shakespeare, the British Midlands offer a feast of art, history and food **BY LUCAS AYKROYD**



SAVOURING THE TASTE of creamy milk chocolate, I gaze at an animatronic gorilla joyfully playing the famous drum fill in Phil Collins' "In the Air Tonight." It's an unexpected climax to my visit to Cadbury World, Birmingham's answer to *Charlie and the Chocolate Factory*.

I was already hyped well before arriving at this British candy maker's signature attraction, located a short drive from the bustling centre of England's second-largest city. En route in my taxi, I spotted the University of Birmingham's 100-metre-tall clock tower, which reputedly inspired Isengard in J.R.R. Tolkien's *Lord of the Rings*. To say my childhood fantasies were running wild would be an understatement!

Fun and adventure aren't necessarily what you'd expect from the formerly industrial British Midlands, but revitalized cities like Birmingham, Nottingham, Coventry and Stratford-upon-Avon overdeliver. Bonus: They're all within three hours of London by high-speed rail. »



Clockwise from above: an ode to metal and mayhem on Black Sabbath Bridge; making world-famous Cadbury Creme Eggs; the gleaming Library of Birmingham

Birmingham

The 2022 Commonwealth Games host city, Birmingham both embraces and transcends its gritty industrial heritage. Home to 1.1 million people, the city boasts 56 km of pre-1900s canals and modern landmarks like the Library of Birmingham. Laurence Broderick's bronze bull statue outside the Bullring shopping centre captures the civic spirit.

The big interlacing rings adorning the surreal, 2013-built library celebrate Birmingham's Jewellery Quarter, which manufactures more than 40 percent of the U.K.'s baubles.

On a walking tour, I learn a few quirky historical facts about the quarter's Dickensian red-brick and terracotta buildings. Workers were once forbidden to wear turned-up trousers or Brylcreem in their hair

to avoid gold being smuggled out. The neighbourhood is also famous for producing British military medals and pen nibs.

I'm also surprised and delighted to discover Birmingham's rich musical legacy. I shop for old-school CDs at a 25,000-square-foot HMV, Europe's most extensive entertainment store. At The Colmore, I grab a "Brummie" pizza, topped with chicken tikka and cilantro, to fuel up for a van tour with Jez Collins, founder of the Birmingham Music Archive.

"This is a strange city, neither north nor south," he says. "It's unique because of the diverse post-war communities who came here and rebuilt it."

Collins regales me with stories about early Led Zeppelin shows and Pink Floyd recordings as we pass the sites of fabled clubs like Mother's. Near Villa Park, the Premier League's Aston Villa football club stadium, we pause to view

Black Sabbath singer Ozzy Osbourne's humble, terraced childhood home.

Of course, it's not all rock and metal here. Another highlight is the city-meets-jungle mural featuring British reggae pioneers Steel Pulse. The tour is a culture connoisseur's delight from Soho Road's bhangra scene to Digbeth's backstreet graffiti. It builds up my appetite to taste Birmingham's acclaimed Indian food.

Downtown, I stroll across the 2019-christened Black Sabbath Bridge to Pushkar. I devour Khara Masala Ka Gosht (spicy lamb with onions, peppers and tomatoes) and delicious sides of creamy black lentils and Pulao rice at this elegant, award-winning restaurant.

Sipping my Pushkar Breeze mocktail with white peach, watermelon and pineapple, I make a mental note to sample Balti—a distinctive local curry created by immigrants in the 1970s—on my next visit.



SEE IT WITH CAA

Visiting a new city across the pond? Your local CAA Travel Consultant can share travel advice, the latest Covid protocols and tips for top things to see, do and eat

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CHOCOLATES: BLOOMBERG/GETTY; ARCHER: DEA/G. WRIGHT/GETTY; STAGS: LIYUAN LIU

“*Robin Hood lives on in the ancient oaks as a symbol of truth, hope and freedom*”



Nottingham

In Nottingham, my lifelong Robin Hood obsession kicks into overdrive. Outlaw-worthy activities abound in this city of 337,000.

I start by exploring the National Justice Museum, which spotlights forensics pioneer Bernard Spilsbury. Also on display are various torture devices and the grim history of transporting convicts to Australia during the 17th and 18th centuries.

Nottingham Castle is tops on my Robin radar. Founded in 1068, it's now a refurbished Georgian mansion with a can't-miss Robin Hood Adventure Experience. I test my archery and quarterstaff skills in simulations before hitting up the gift shop to nibble on Robin Hood toffee.

However, the best of all is actor Ade Andrews' grizzled narration on a city

walking tour. “Robin Hood lives on in the ancient oaks as a symbol of truth, hope and freedom,” he proclaims.

Between sounding his horn and flourishing a broadsword, Andrews illuminates the rebellious legend's murky origins as we roam from St. Mary's Church to a cave beneath Ye Olde Salutation Inn. He skillfully weaves in tidbits about Nottingham's 19th-century lacemaking boom and the local roots of companies like Boots and Raleigh.

I salute another British (rock) rebel with a gourmet “Lemmy” jalapeño burger at Annie's Burger Shack for dinner. Swigging the house pale ale, I feel eager to see what adventures await in the next stop on my mini-Midlands tour. »

Above: taking aim during a lesson at the legendary Nottingham Castle. Left: local stags take a timeout at Wollaton Hall



Above: Stratford-upon-Avon's Shakespeare Hotel. Right: scones, jam and clotted cream at The Fourteas

Coventry

Though it suffered mightily from Luftwaffe bombing during the Second World War, Coventry has risen anew. With its easy-to-navigate downtown core and musical traditions, it was named the U.K.'s 2021 City of Culture.

At the Coventry Music Museum, I learn how novelty hits like Chuck Berry's "My Ding-a-Ling" and Lieutenant Pigeon's "Mouldy Old Dough" were recorded locally. Amid flashing lights and dry ice, I climb into the 1961 Vauxhall Cresta from The Specials' "Ghost Town" video. Similarly, I revel in the Coventry Transport Museum's extensive collection, from an 1898 Daimler Phaeton automobile to a 1960 Triumph Tigriss scooter.

Dhillion's Brewery is largely driving Coventry's craft beer revolution with tasty brews like the Amber Gambler. During my visit, I see both the brewery's Spire Bar, located inside the 70-metre Christchurch Spire, and Skye Blue Tavern, where Coventry City FC

fans flock before home games. To get my sporty fix, I taxi to Go Ape Coventry for a bit of axe-throwing. I end my day nibbling on honey-glazed duck breast and smoked beetroot puree at neighbouring Coombe Abbey, founded by Cistercian monks in 1150.

Stratford-upon-Avon

My final destination remains synonymous with William Shakespeare. The district, current population 130,098, was the playwright's birthplace and retreat when he grew weary of London's cutthroat theatre scene. A rustic garden with manicured hedges adjoins the Bard's half-timbered Tudor home, later converted into an inn.

I delight in an exhibition with Japanese, Armenian and even *Star Wars* versions of Shakespeare's plays. History buffs will also appreciate

restored rooms with canopy beds and spreads of local game.

A guided Stratford Town Walk along the River Avon spotlights the storied local history of visiting Shakespearean actors, like husband-wife duo Sir Laurence Olivier and Vivien Leigh. It also makes me ponder the mysterious disappearance of Shakespeare's skull from his Holy Trinity Church grave.

On windy days, Stratford-upon-Avon offers flavourful ways to warm up. I enjoy scones with strawberry jam at The Fourteas, a 1940s-themed tearoom, and a guided tasting of rhubarb gin and other artisan spirits made with Tudor garden botanicals at the Shakespeare Distillery.

Given my fascination with large, animated animals, I should wind up at a performance of *The Magician's Elephant* at the town's Royal Shakespeare Theatre. Cheers resound when the curtain drops on this lively family musical, and my heart pounds from excitement. **CAA**



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DESTINATION INDIGENOUS



Inspiring First Nations experiences across **Saskatchewan** and **Manitoba**

BY **SHEL ZOLKEWICH**

THEY ARE KNOWLEDGE keepers and mighty musicians, skilled artisans and creative cooks, caretakers of the land and witty storytellers. And they are inviting visitors to share in the adventure, history and culture that only an Indigenous host can provide. Indigenous experiences on the Prairies will leave you inspired and connected to the First Peoples of the land we all call home. »



TOURISM SASKATOON



Making traditional
campfire bannock
in the tipi village of
Wanuskewin near
Saskatoon



Saskatchewan

FOR MORE THAN 6,000 years, Wanuskewin Heritage Park near Saskatoon has welcomed Indigenous peoples. Migratory nations of the Northern Plains hunted bison, gathered food and sought refuge from harsh Saskatchewan winters.

Meaning “seeking peace of mind” in Cree, Wanuskewin is an archaeological goldmine—and Canada’s longest-running dig. Since the 1970s, researchers have turned up tools, pottery and a 1,500-year-old ceremonial medicine wheel, constructed of stones and rocks.

For a taste of Indigenous life at Wanuskewin—which is currently shortlisted to become a UNESCO World Heritage Site—I reserve a

seat at a Han Wi Moon dinner. The outdoor meal starts at dusk after a walk to a bluff overlooking the South Saskatchewan River and Opimihaw Valley. Five such events are planned for 2022.

I marvel as Métis chef Jenni Lessard “paints” plates with sage- and yarrow-dusted bison tenderloin, served on a bed of nettle puree. Pickled spruce tips, chokecherries, fireweed tea, wild mint and juniper berries also make regular appearances on the communal dinner table.

“I love collaborating with other Indigenous chefs on these dinners,” Lessard says. “There’s just something about observing bison on the land—then preparing and cooking it—that makes you feel like you’ve closed the link.” Lessard also loves foraging for wild ingredients like her

hunter-gatherer ancestors.



MICHELA CARRIÈRE LIVES among the wild things. Deep in the Saskatchewan River Delta north of Cumberland House, the Métis-Cree entrepreneur and healer operates Aski Holistic Adventures. In this remote setting, she hosts wilderness retreats, sharing her unique philosophy, Indigenous stories and secrets of the forest.

As a horticulturalist, Carrière leads me on a medicine walk and offers a lively introduction to forest bathing. Inspiration-seekers can also take part in sacred ceremonies in a tipi, attend nature therapy workshops or paddle out on a meditative canoe trip. Kick back in one of three cozy cabins for a relaxing night in the woods.

An Indigenous storyteller teaches First Nations history at Wanuskewin



Clockwise from top left: Dakota Dunes' Moose Woods Home Fire Grill; bison tenderloin at Wanuskewin; beadwork on display at Batoche; a young bison calf



For a less rugged stay, Dakota Dunes Resort deals a winning hand when it comes to design. About 20 minutes from Saskatoon, the hotel is the latest addition to a complex that houses a casino and spectacular golf course, owned and operated by the Whitecap Dakota First Nation. The lobby sets the tranquil tone for my weekend stay: Fires flicker off the moody reflective ceiling and I can't wait to pull up a raw log stool to sip some wine with a good book.

"The design showcases the element of fire and the essential role it plays in Indigenous culture and teachings," says designer Nicole Tiessen of AODBT Architecture and Interior Design, the firm responsible for the hotel's modern Indigenous look.

Beyond the lobby, guests can luxuriate in one of 155 rooms, take a dip in the indoor pool or kick back on the outdoor terrace overlooking the golf course.

A highlight of my stay is dinner at Moose Woods Home Fire Grill. The menu features local flavours rooted in Indigenous heritage: bannock, forest mushrooms, elk and wild boar. Made with birch-glazed root vegetables and local venison, the game meat stew is rich, fresh and unforgettable. »

LIVING HISTORY

Celebrate the rich tapestry of Indigenous culture across Saskatchewan

Wanuskewin Heritage Park

This place has revealed several archaeological finds that predate the Egyptian pyramids. Take in 6,000 years of early Indigenous history with a guided native plant hike, archaeology tour or bison walk.

Last Mountain House Provincial Historic Park

A Plains Cree legend tells of the Great Spirit shovelling dirt to create Last Mountain Lake. In the 1800s, many First Nations visited to trade furs at the Hudson's Bay Company outpost. Get hands-on with trading post life by strolling through the reconstructed

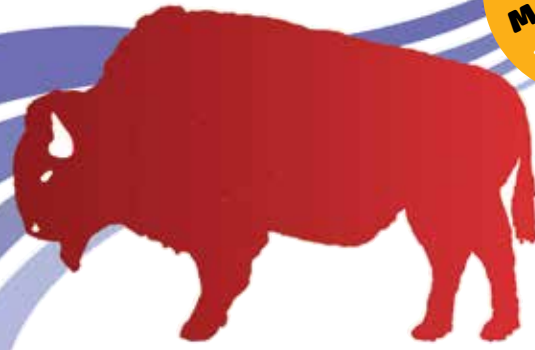
ice cellar, warehouse, barn and fur press.

Duck Lake Interpretive Centre

The site preserves the culture and stories of the Willow Cree First Nation, Métis and early prairie pioneers. A guided tour of sites from the Battle of Duck Lake tells the story of celebrated Métis leader and resistance fighter, Gabriel Dumont.

Batoche National Historic Site

The final clash of 1885's North-West Rebellion, the Battle of Batoche saw Métis and allied First Nations defend themselves against federal troops over four days. The epic battle remains a defining moment in Canadian history. Throughout the site, artifacts commemorate this historic turning point.



“Northern Plains First Nations hosted international powwows throughout the 19th century”

◇◇◇◇
Manitoba

ON A SCENIC OUTCROPPING of ancient Precambrian shield, a tower of carefully arranged rocks stands as a beacon to peoples of the past.

Painted by centuries of lichen and trimmed with moss, the figures hold the unmistakable shapes of turtles and birds, serpents and humans. These are the petroforms of Whiteshell Provincial Park and they are Diane Maytwayashing’s ancient university.

The Anishinaabe knowledge keeper guides visitors on walks through the sacred site, sharing stories, healings and ceremonies that continue to this day. Known today as the Bannock Point Petroforms, many local residents still use the original name, Manidoo-Abi, which loosely translates to “where the spirit sits.” Standing in front of them on a crisp, sunny day, I find it impossible to not be moved by this sublimely peaceful spot.

About an hour west in Ste Genevieve, Métis heritage comes to life in an even more colourful way. Artisan Mélanie Gamache embodies the spirit and workmanship of her Métis ancestors, who were known as the “flower beadwork people,” owing to their penchant for bold floral designs.

In her busy studio, Borealis Beading, Gamache teaches the traditional skills of two-needle beading, quilt-making and finger weaving. The beading workshop I attend takes place in a traditional circle, where I exchange stories with my fellow crafters—and get a much-needed helping hand with

the intricate bead work.

Newbies start with a flower on a cloth bag, while advanced makers tackle a leather medicine bag, mitts or moccasins.

In weaving workshops, Gamache shares stories of Métis culture while teaching the intricate art of finger weaving to create a handmade sash or belt.



TUCKED INTO THE southeastern corner of Manitoba on Lake of the Woods, Buffalo Point Resort sits on the idyllic peninsula that shares its name.

The Indigenous-owned property boasts 11 kilometres of white sand beaches, calm waters in a sustainable fishery, and stretches of pristine boreal

forest. I’ve come for a little fishing, feasting, swimming—and learning about Indigenous culture. Buffalo Point First Nation operates the resort in partnership with Lake of the Sandhills Golf Course, which is wholly controlled by the community.

Under the tipi-shaped roof of the Cultural Centre, I take a deep dive into the region’s Indigenous heritage. Thunderbirds grace the entrance of the centre, where exhibits trace regional history—from the 1700s, when Chief Red Cloud and the Sioux inhabited the land, to the arrival of the Ojibwa in the 19th century.

At Fire and Water Bistro, I sample dishes made with local Reed River Rice harvested by Indigenous people from the community. Be sure to order



LIVING HISTORY

Walk in the footsteps of **Manitoba's** First Peoples to understand their cultural and historic contributions.

Riel House National Historic Site

Honouring Manitoba founder and Métis leader, Louis Riel, the centre is devoted to his life and struggles. Explore Riel's contemporary legacy with a self-guided tour and interpretive exhibits.

Lower Fort Garry National Historic Site

Retrace the steps of fur-trading First Nations, including the Ojibway and Swampy Cree, at this former Hudson Bay outpost. The fort was also the location of the first of a series of treaty signings that would have lasting impacts on Canadian society. Every August, visitors can attend the

Red River Rendezvous, an immersive recreation of trader camp life.

Brokenhead Ojibway Nation Historic Village

This working village was for centuries a bustling Ojibway community. Today, visitors can hike through pristine forests, take a guided tour with an Elder, or try beading and quilling. Guests can also camp in a tipi and dine on traditional Ojibway fare made with bison and deer.

The Spirit Sands

Neither forest nor prairie, the mix of sand dunes and deciduous forest is a true geographic gem. The site was considered so sacred that it's said Indigenous people designated it a conflict-free zone for thousands of years. Traverse the trail by foot or take a scenic horse-drawn wagon ride.



Clockwise from top left: Winnipeg's Manito Ahbee Festival; a Borealis Beading project; human-shaped petroform in Whiteshell Provincial Park

pan-fried pickerel served with a smoked bean cassalette over the aforementioned wild rice.

Though food is a powerful thread through First Nations history, a powwow is the ultimate Indigenous experience. Their exact origins remain disputed, Northern Plains First Nations hosted inter-tribal powwow dances throughout the 19th century. Today, they are cultural exchanges featuring healing ceremonies, Indigenous dance, music, food and art.

The grand entry of any powwow is a feast for the senses. "The beat of the big drum, medicines burning, the bright colours and designs of ornate regalia, little children dancing...it nearly brings tears to

my eyes," says Katherine Legrange, communications manager of Winnipeg's Manito Ahbee Festival. Held annually every May long weekend, the festival kicks off the powwow season across Turtle Island.

Legrange admits it's an important gathering for Indigenous people—but one that is equally important for non-Indigenous people to attend.

"Non-Indigenous are sometimes worried about making mistakes or offending us," she says. "That's why we offer workshops where knowledge keepers share the meaning behind our traditions and basic etiquette."

A deeper understanding of cultural customs, language and activities puts people at ease. "It helps bridge any divide that people might feel." **CAA**

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Women Xplorers Newfoundland

JULY 26 - AUGUST 6

12
DAY TOUR

Cruise sheer-walled fjords, walk through diverse landscapes from windswept shorelines to sub-Arctic summits. Xplore rare geological oddities that earned Gros Morne UNESCO World Heritage status, listen to tales of Vikings and relax amid the culture and hospitality of Newfoundland's coastal communities.



Churchill

AUGUST 7 - 13

7
DAY TOUR

Churchill, Manitoba is one of the most alluring destinations in North America. Known for its spectacular scenery, wondrous wildlife, and seductive spirit. Join us for our journey on the Churchill Explorer this summer!



Spectacular Canadian Rockies

SEPTEMBER 9 - 19

10
DAY TOUR

Travel through the rugged mountain ranges of the Canadian Rockies with their soaring peaks. Experience the vibrancy of coastal Vancouver and the laid-back appeal of Whistler. As you travel through the Okanagan Valley, visit one of the world-renowned wineries. Each stop on this journey showcasing the diversity and the best the Canadian Rockies has to offer.



Women Xplorers Portugal & Spain

OCTOBER 6 - 20

15
DAY TOUR

Sip, Savour and Saunter your way through Portugal & Spain! From flamenco dancers and matadors to port wine and vineyards, towering gothic cathedrals and ancient Roman ruins, this tour has something for everyone!

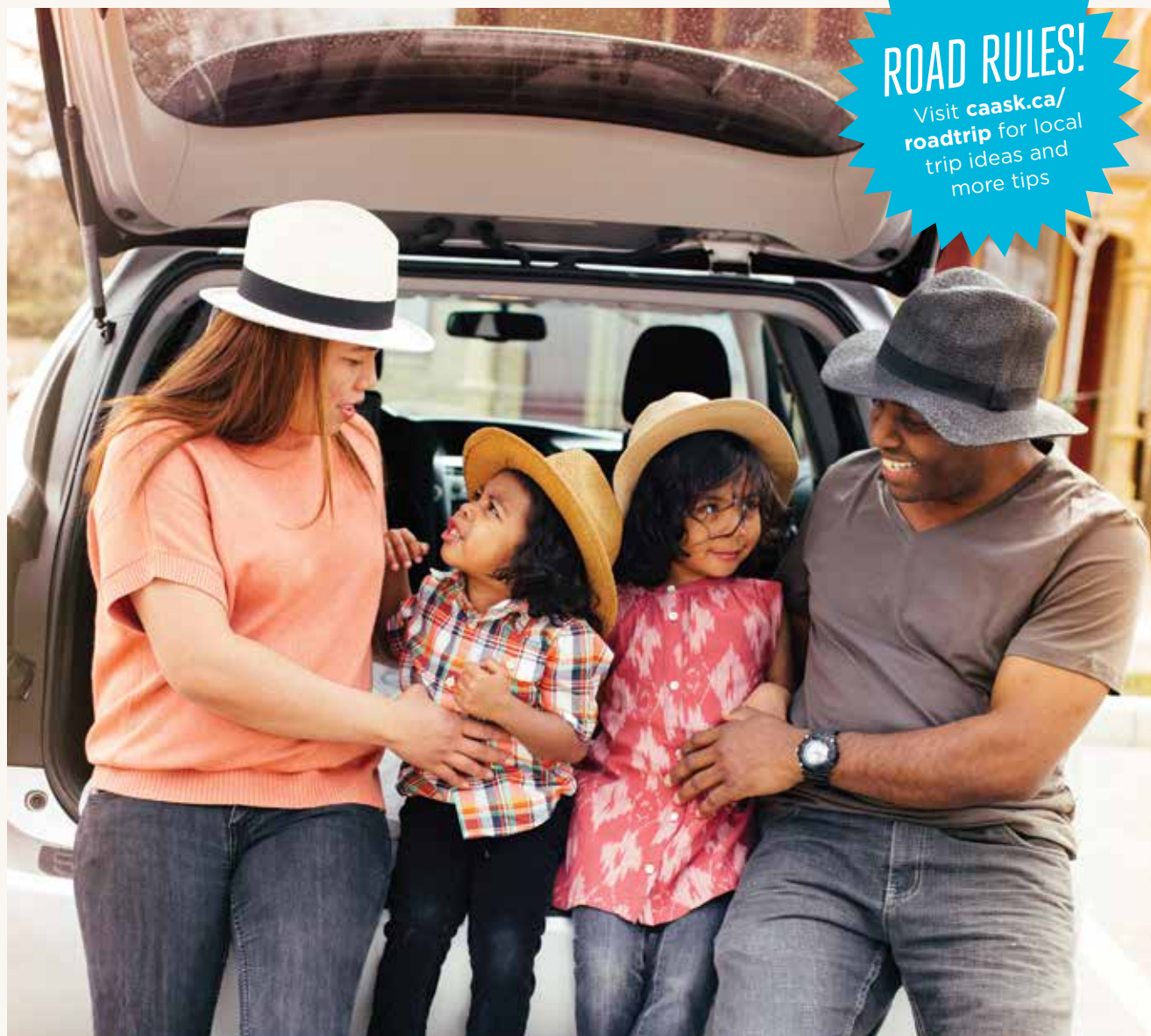


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THE ROAD-TRIPPING HANDBOOK


How to plan, prep and pack for your next epic adventure

BY ALLAN BRITNELL



ROAD RULES!

Visit caask.ca/roadtrip for local trip ideas and more tips

 **OVER ITS 7,821 KM LENGTH**, the Trans-Canada Highway crosses through all 10 provinces, making it the fourth-longest highway in the world. With that as a starting point, it's no wonder Canadians love road trips. Driving is a rewarding way to explore your home province or places farther afield. Unlike the Point-A to Point-B travel you get on a train or a plane, a road trip gives you the flexibility to make side trips to unique roadside attractions: Who's up for seeing the world's largest paperclip in Kipling, Sask.? So, buckle up and start planning an epic summer adventure! »



Scenic Route: Moose Jaw

Made of concrete and standing over 10 metres high, a gigantic moose greets you upon entering Moose Jaw.

KNOWN AS MAC THE MOOSE to local Moose Javians, the structure tips the scale at 10 tons and claims to be the world's largest moose. After stopping for pics with Mac, stretch your legs with a hike and bird watching at Wakamow Valley Park. The 500-acre parcel of parkland boasts some 190 bird species. For more active pursuits, drive 20 minutes to Buffalo Pound Provincial Park where rolling hills meet pristine lakeshore. Road trippers of all ages can kayak, fish, hike, mountain bike or mini golf at an 18-hole course. Just south of Moose Jaw, tasty treats await at Bend in the River Berries, an orchard offering your pick of berries, cherries and rhubarb.



The Long Haul

How to pack your vehicle to keep passengers comfortable and luggage safely stowed.

ROOF

Maximize your space inside the vehicle with a cargo box on long road trips. Before you start, check that you have the right roof rack and know the box's weight limit. Pack heavy suitcases first, followed by **sports equipment**. Fill any gaps with blankets or sleeping bags.



FRONT

Stow napkins, **tissues and hand sanitizer** in the centre console or glove box. Check that insurance and ownership docs are also handy. If your car doesn't have USB chargers, buy an adapter for the auxiliary power outlet.

Road Ready

Five steps to ensure your vehicle is up for the task

1 Engine check

Due for service soon? Get a tune-up before your road trip. If not, check and top up oil and coolant.

2 Exterior inspection

Inspect tires—including the spare—for wear and proper inflation. Ensure lights are functional, including low-beam, high-beam, fog and brake lights.



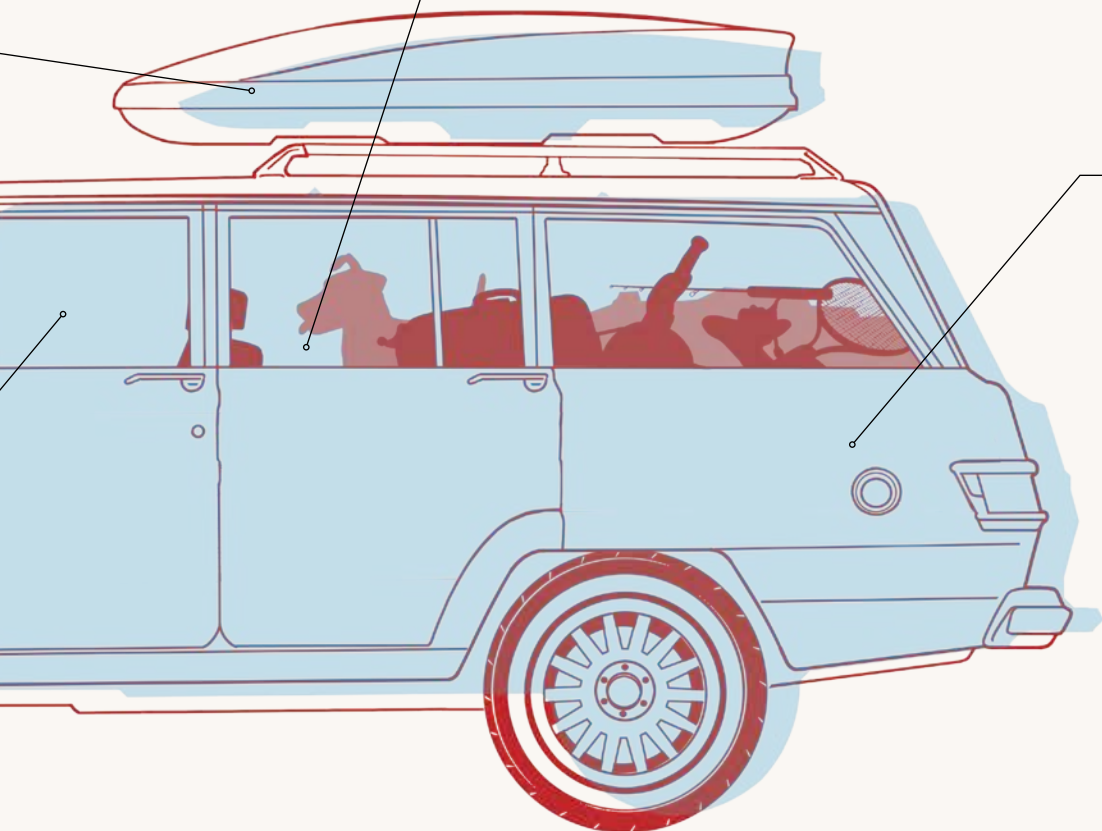
BEFORE YOU DRIVE

Stash colouring **books, magazines or novels** in seat-back pockets. Pre-load a tablet with videos and music playlists. Tuck items like extra shoes and fuzzy socks beneath the front seats. If kids are in car seats, use the space below their feet for extra storage space.



TRUNK

Heavy items on the bottom; lighter or crushable stuff on top. Avoid stacking items in the back so high that they obstruct your vision in the rear-view mirror. Use a vacuum-seal bag to shrink down bulky things like bedding and pillows. Keep **first aid kit, roadside emergency kit** and any medication easily accessible.



Did you know?

Your CAA membership offers instant savings at yummy pit stops across Canada: **Save 15%** at Pizza Hut or Marble Slab Creamery, and **save 10%** at East Side Marios or Kelseys.

3 Paperwork

Verify that all drivers have up-to-date licences. Store the vehicle's owner's manual, ownership and insurance documents in the glove box. You should also check your CAA membership to ensure it's renewed. Always carry your membership card in your wallet or download the CAA app to keep it handy.

4 Safe seating

Adjust the driver's seat so you can see clearly out of all mirrors. The seat should be at least 10 inches back from the steering wheel to avoid injury if airbags deploy. All headrests should be adjusted so the centre is at ear height for each passenger. And make sure everyone is buckled up and car seats are installed correctly.

5 Hauling and storage

If you're hauling gear on roof racks or a rooftop storage box, make sure all anchors are secured. Once you hit the road, periodically check all nuts, bolts and tie-down straps as driving may jostle them loose. When hauling a trailer, check tires and brake lights, and properly fasten the hitch and safety chain. »



Press Play

Because everyone knows the secret to any successful road trip is an epic playlist! Set your list before hitting the gas pedal to avoid distracted driving.

- ▶ **"All I Wanna Do"**
Sheryl Crow

- ▶ **"Running on Empty"**
Jackson Browne

- ▶ **"Bohemian Rhapsody"**
Queen

- ▶ **"Ray of Light"**
Madonna

- ▶ **"The Last Saskatchewan Pirate"**
The Arrogant Worms

- ▶ **"Long Gone to Saskatchewan"**
Corb Lund

- ▶ **"Havana"**
Camila Cabello
(feat. Young Thug)

- ▶ **"Keep the Car Running"**
Arcade Fire

- ▶ **"Little Bones"**
The Tragically Hip

- ▶ **"Stuck in the Middle with You"**
Stealers Wheel



Happy Campers

Nothing beats an RV for the ultimate in road trip comfort. Before heading out, do all the standard checks you'd make on your regular vehicle, plus a few RV extras. You can also visit the CAA Car Care Centre at Regina Battery Depot or any AARS garage for a checkup.



Reinstall any dry cell batteries (topping them up with distilled water) and other equipment you removed for winter storage.



Test all mechanical and electrical systems, including the heater, air conditioner and all appliances.



Check the seals on the top of the unit and around the windows and door; re-caulk as necessary.



Test the smoke, carbon monoxide and gas-leak detectors. Ensure the fire extinguisher is fully charged. Replace any missing items in your first-aid and emergency roadside kits.



If you do run into problems along the way, CAA's Plus RV and Premier RV plans include fuel delivery, towing and battery boost—along with travel and trip interruption insurance. In case of a breakdown, Premier RV plans include a rental car as well.



Insurance IQ

Brush up on some basics to ensure you're covered from coast to coast

PURCHASE TRAVEL INSURANCE

It's not just for international travel! Provincial health plans may not cover all costs when you leave the province. Speak to a CAA Insurance consultant about Canadian plans.

IS YOUR RENTAL CAR COVERED?

Some auto insurance policies and credit cards offer rental insurance. Check your policy when renting a car.

Membership Matters



One of the most essential things to pack for any road trip is your CAA membership. **Sarah Halbgewachs**, CAA Saskatchewan's Member experience team lead, shares a few insider tips about finding the right membership and saving money along the way.

➤ Which CAA membership is right for me?

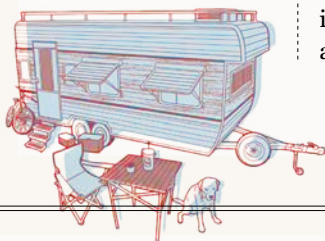
Consider your lifestyle. Are you a city driver, seasoned road-tripper or someone who always likes to take the scenic route? Do you travel out of province where trip interruption, trip accident and return vehicle benefits would be valued?

➤ Are there add-ons for summer road tripping?

An upgrade to an RV membership covers dual-wheel pickup campers, raised-roof vans, motorhomes and recreational trailers (including fifth wheel). For a small fee, you can also increase your amount of Personal Accident Insurance coverage, which is included with all memberships.

➤ What's the difference between Basic and Plus memberships?

A basic membership works well for Saskatchewanians who don't really drive on the highway, since the towing distance is 5 km or within city limits. Plus is our most popular option as it provides 160 km of towing, which will get you back to a major centre if you break down on the highway.



CHECK YOUR RV COVERAGE

From fifth wheels and motorhomes to tent and travel trailers, you can get policies tailored to your unique RV. Coverage typically includes physical damage, contents, living and travel expenses, and personal liability. Some policies also cover portable and permanent structures, and trailer accessories.

KEEP A HARD COPY

Though digital auto insurance pink cards are accepted in many provinces, including Alberta, Ontario, Québec, Nova Scotia, Newfoundland and Labrador, they're not accepted everywhere. If you're crossing provincial borders, carry your paper copy as well.



Scenic Route: Sea-to-Sky Highway

As its name suggests, the Sea-to-Sky Highway (officially Highway 99) connects Vancouver to Whistler and offers panoramic ocean views and mountain vistas.

IN 2016, *The Guardian* ranked it one of the world's five best road trips. The roughly 120-km trip starts by crossing Lions Gate Bridge into North Vancouver. The route ends at the foot of Whistler Blackcomb Ski Resort, with numerous viewpoints along the way where you can pull over for family photo ops. Attractions en route include the Britannia Mining Museum, Brandywine Falls Provincial Park and the soaring Sea to Sky gondola and Sky Pilot Suspension Bridge in Squamish. CAA Members can get an exclusive rate when staying at the Fairmont Chateau Whistler. **CAA**



Insurance COMPANY

60 Commerce Valley Drive East, Thornhill, Ontario L3T 7P9

THIS CERTIFICATE REPLACES ALL PREVIOUS CERTIFICATES ISSUED TO YOU

The Company under a Policy issued to the Club insures you subject to the conditions and provisions herein set forth:

I. DEFINITIONS

The following terms (unless otherwise defined) herein shall have the following meanings:

- (a) "Additional Coverage" means the coverage extended under Articles 5 and 6;
- (b) "Associate Member" means a Member who qualifies as an Associate Member under the bylaws of the Club in force at the relevant date and is afforded the same Basic Coverage hereunder as the Primary Member they reside with;
- (c) "Basic Coverage" means the coverage extended under Article 3;
- (d) "Basic Member" means a person who qualifies as a Basic Member under the bylaws of the Club in force at the relevant date;
- (e) "boarding or alighting from" applies solely while in physical contact with the mode of transportation outlined and does not apply once the means of transportation has been vacated;
- (f) "Bodily Injury" means loss of life, the loss of hands and/or feet and the loss of sight as listed in the Schedule of Insured Losses for Basic Coverage, the Children's Schedule of Insured Losses and the Schedule of Insured Losses for Additional Coverage;
- (g) "Child" means a person under 16 years of age, living at the same residence as a Member who is the parent or legal guardian of the Child;
- (h) "Club" means CAA Club Group;
- (i) "Company" means CAA Insurance Company;
- (j) "Effective Date" means the 1st day of January, 2022;
- (k) "Insured Hazards" means those hazards insured pursuant to Article 2
- (l) "Insured Person" means a Member insured by this Policy;
- (m) "Loss" means, with regard to hands or feet, complete and irreversible severance at or above the wrist or ankle joint, and with regard to the eyes, shall mean entire and irrevocable loss of the sight thereof and with regard to life, means death;
- (n) "Member or Members" means Associate, Value, Basic, Plus or Premier Members of the Club;
- (o) "Plus Member" means a person who qualifies as a Plus Member under the bylaws of the Club in force at the relevant date;
- (p) "Policy" means this Group Policy No. 0013;
- (q) "Premier Member" means a person who qualifies as a Premier Member under the bylaws of the Club in force at the relevant date;
- (r) "Primary Member" means Value, Basic, Plus or Premier Members of the Club; and
- (s) "Value Member" means a person who qualifies as a Value Member under the bylaws of the Club in force at the relevant date.

Wherever the single or the masculine are used herein the same shall be deemed to include the plural or the feminine or the body politic or corporate where the context so requires.

II. INSURING AGREEMENT

The Company shall insure each Insured Person with Basic Coverage effective at 12:00 noon standard time at the place where the Insured Person resides on the date their membership in the Club begins or is renewed against those losses set out in the Schedule of Insured Losses for Basic Coverage, provided the loss results solely and directly from Bodily Injury caused by an accident and wholly independently of all other causes and such Bodily Injury was sustained during one of the following Insured Hazards:

- (a) while driving or riding in, boarding or alighting from a passenger automobile; or
- (b) while driving or riding in, boarding or alighting from a panel delivery truck or light delivery truck when such vehicle is being used for passenger purposes only and not in connection with any employment; or
- (c) while as a fare-paying or pass-holding passenger, riding on, or alighting from any railroad passenger car, inter-urban, elevated, subway or street railway passenger car, bus or public service vehicle, ferry boat, or passenger liner, public bus or taxi, or while boarding same with the intention of becoming a fare-paying passenger thereof; or
- (d) A Child of a Member whilst riding in, boarding or alighting from a school bus; or
- (e) while driving or riding in, boarding or alighting from a farm truck, so licensed; or
- (f) while operating or riding in or upon, boarding or alighting from a motor driven or animal drawn farm machine or farm implement of a type designed to be ridden upon, while such machine or implement is being driven exclusively for farming purposes in or about a farm or on a public roadway or public highway; or
- (g) as a result of the explosion or burning of any vehicle listed in this Article; or
- (h) as a result of being struck or run down by any vehicle listed in this Article; or
- (i) while as a fare-paying or pass-holding passenger, riding in any aircraft operated by a carrier which is licensed by the Canadian Transportation Agency under the Canada Transportation Act, as may be amended from time to time and which carrier was operating within the terms and conditions of its license on a regularly scheduled passenger route, other than a charter flight, and with a definite schedule of departure and arrival between airports certified by Transport Canada.

III. SCHEDULE OF INSURED LOSSES FOR BASIC COVERAGE

The Bodily Injuries for which Basic Coverage is provided by this Policy are the loss of life, the loss of hands, loss of feet and the loss of sight. The coverage for such Bodily Injuries shall be determined by reference to the following schedule:

SCHEDULE OF INSURED LOSSES FOR BASIC COVERAGE		
	Amount of Insurance	
	Basic, Value or Associate Members	Plus, Premier or Associate Members
For loss of life	\$5,000	\$10,000
For loss of sight of both eyes	5,000	10,000
For loss of both hands	5,000	10,000
For loss of both feet	5,000	10,000
For loss of one hand and one foot	5,000	10,000
For loss of one hand or foot and sight of one eye	5,000	10,000
For loss of one hand	2,500	5,000
For loss of one foot	2,500	5,000
For loss of one eye	2,500	5,000

Such payment shall be subject to the terms, conditions and exclusions referred to in this Policy.

IV. BENEFITS TO MEMBERS WHO HAVE A DEPENDENT CHILD OR CHILDREN

- (1) The Company shall pay a Member who is a parent or guardian of a Child for those losses set out in the Children's Schedule of Insured Losses, subject to the provisions, conditions and limitations set forth herein, provided that:
 - (a) the loss results solely and directly from Bodily Injury caused by an accident and wholly independently of all other causes and such Bodily Injury was sustained during an Insured Hazard; and
 - (b) at the time of accident, the Member is an Insured Person hereunder; and
 - (c) at the time of the accident, the Child is dependent on the Member for support; and
 - (d) prior to the time of the accident, the Member has provided to the Club the name and birth date of the Child, if they have been requested to do so by the Club.

The amount of insurance applicable to such loss is determined by the following schedule:

CHILDREN'S SCHEDULE OF INSURED LOSSES		
	Amount of Insurance	
	Basic, Value or Associate Members	Plus, Premier or Associate Members
For loss of life	\$1,250	\$2,500
For loss of sight of both eyes	1,250	2,500
For loss of both hands	1,250	2,500
For loss of both feet	1,250	2,500
For loss of one hand and one foot	1,250	2,500
For loss of one hand or foot and sight of one eye	1,250	2,500
For loss of one hand	625	1,250
For loss of one foot	625	1,250
For loss of one eye	625	1,250

Such payments shall be subject to the terms, conditions and exclusions referred to in this Policy.

No benefit shall be payable in respect of a Child sustaining a loss while driving a vehicle for which a valid license is required without the Child having such a valid license.

Additional Coverage provided in Articles 5 and 6 apply only to the Member and do not apply to a dependent Child.

V. ADDITIONAL COVERAGE

An Insured Person, regardless of membership type, may elect to purchase a specified level of Additional Coverage (1-4) against those losses set out in the Schedule of Insured Losses For Additional Coverage in Article 6 and such Additional Coverage is subject to all of the terms, conditions, definitions, provisions, limitations and exclusions relating to Basic Coverage set out in each and every section of this Policy save and except only section 4 hereof.

An election to purchase a specified level of Additional Coverage is made by the Insured Person or their agent, when either the Insured Person or their agent directs the Club in writing to purchase Additional Coverage for the Insured Person from the Company and specifies the level of Additional Coverage (1-4) they wish to purchase.

Where an election to purchase a specified level of Additional Coverage (1-4) is made, the Company shall insure the Insured Person effective as of 12:00 noon on the day immediately succeeding the day the written election is received by the Club and shall, provided that the additional premium is paid as required, continue for a term ending on the date on which this Policy is terminated.

VI. SCHEDULE OF INSURED LOSSES FOR ADDITIONAL COVERAGE

The Bodily Injuries for which Additional Coverage is provided by this Policy are the loss of life, the loss of hands, loss of feet and the loss of sight. The coverage for such Bodily Injuries shall be determined by reference to the following Schedule and shall be payable over and above the Basic Coverage listed in the Schedule of Insured Losses for Basic Coverage in Article 3:

SCHEDULE OF INSURED LOSSES FOR ADDITIONAL COVERAGE				
	Amount of Insurance			
	Level 1 Additional Coverage	Level 2 Additional Coverage	Level 3 Additional Coverage	Level 4 Additional Coverage
For loss of life	\$15,000	\$30,000	\$45,000	\$90,000
For loss of sight of both eyes	15,000	30,000	45,000	90,000
For loss of both hands	15,000	30,000	45,000	90,000
For loss of both feet	15,000	30,000	45,000	90,000
For loss of one hand and one foot	15,000	30,000	45,000	90,000
For loss of one hand or foot and sight of one eye	15,000	30,000	45,000	90,000
For loss of one hand	7,500	15,000	22,500	45,000
For loss of one foot	7,500	15,000	22,500	45,000
For loss of one eye	7,500	15,000	22,500	45,000

Such payment shall be subject to the terms, conditions and exclusions referred to in this Policy.

VII. EXCLUSIONS

- (1) In this Article:
 - (a) "vehicle" means a vehicle within the meaning of The Traffic Safety Act, as may be amended from time to time.
 - (b) "Nuclear, chemical, biological terrorism" means the use of any nuclear weapon or device or the emission, discharge, dispersal, release or escape of any solid, liquid or gaseous Chemical agent and/or Biological agent during the period of this insurance by any person or group(s) of persons, whether acting alone or on behalf of or in connection with any organization(s) or government(s), committed for political, religious or ideological purposes or reasons, including the intention to influence any government and/or to put the public, or any section of the public, in fear.
 - (c) "Chemical" agent shall mean any compound which, when suitably disseminated, produces incapacitating, damaging or lethal effects on people, animals, plants or material property.

- (d) "Biological" agent shall mean any pathogenic (disease-producing) micro-organism(s) and/or biologically produced toxin(s) (including genetically modified organisms and chemically synthesized toxins) which cause illness and/or death in humans, animals or plants.
- (2) This Policy does not cover, and no payment shall be made for, any loss resulting wholly or partly, directly or indirectly from or in any manner or degree associated with, or occasioned by the following excluded risks, even though the proximate or precipitating cause of loss is accidental Bodily Injury:
- (a) disease or medical or surgical treatment for disease; or
 - (b) bodily or mental infirmity; or
 - (c) bacterial infections, except infection introduced through a visible wound accidentally sustained; or
 - (d) suicide while sane or insane or intentionally self-inflicted injury; or
 - (e) war or any act of war, whether declared or undeclared, enemy action or the hostile acts of a foreign state; or
 - (f) any act of nuclear, chemical, biological terrorism, as defined above, regardless of any other cause or event contributing concurrently or in any other sequence to the loss; or
 - (g) inhalation of poisonous gases, or asphyxiation, or use of intoxicants or hallucinogenics, whether voluntary or involuntary; or
 - (h) the commission or attempted commission of a criminal offence; or
 - (i) maintaining, servicing, cranking, repairing, overhauling or testing any vehicle; or
 - (j) employment as a hired operator of a vehicle while on duty; or
 - (k) driving or riding in or on, boarding or alighting from any motorcycle, moped, motor-driven bicycle, bicycle, motor scooter, go-cart, trail bike, house trailer, camper or all-terrain type vehicle of any kind or description; or
 - (l) driving or riding on a "snowmobile" within the meaning of The Snowmobile Act or other track vehicle or semi-track vehicle; or
 - (m) driving or riding in a police or fire department vehicle; or
 - (n) driving or riding on a "wheelchair" within the meaning of section (i) and (ii) of The Traffic Safety Act; or
 - (o) engaging in any race or speed contest; or
 - (p) the use or transportation of fire arms or explosives; or
 - (q) driving or riding in or on, boarding or alighting from any truck or other vehicle altered to carry merchandise or goods of any kind while such vehicle is being used for commercial purposes, excepting a truck being used in connection with the operation and maintenance of a farm; or
 - (r) driving or operating or having care and control of a vehicle for which a valid license is required without having such a valid license; or
 - (s) driving or operating or having care and control of a vehicle or other self-propelled machine under the influence of alcohol, drugs or narcotics, whether voluntarily or involuntarily, and without restricting the generality of the foregoing, any determination, howsoever made, that any person had at the time of sustaining Bodily Injuries a blood alcohol level of .08 or higher shall be conclusively deemed to be a determination that such person was under the influence of alcohol at such time; or
 - (t) if the Insured Person or Child is the driver or an occupant of any vehicle in which safety restraint systems (seatbelts) are normally provided, and where the Insured Person or Child, at the time of the accident, has failed for any reason, to have his or her seatbelt engaged.

- (3) If the Company alleges that by reason of any one or more of the aforementioned exclusions any loss is not covered by this Policy, the burden of proving the contrary shall be upon the Insured Person.

VIII. PROVISIONS, CONDITIONS AND LIMITATIONS

(1) Term

This Policy shall commence as of 12:01 a.m. on the Effective Date and shall continue for a term ending on the date on which this Policy is terminated.

(2) Termination

- (a) The Company may terminate the insurance provided to an individual Insured Person under the contract at any time by giving written notice of termination to the Insured Person not less than 30 days prior to the effective date of termination and by refunding concurrently with the giving of notice the amount of premium paid in excess of the pro-rata premium for the expired time.
- (b) If an Insured Person's policy is terminated, the insurance protection provided to that Insured Person shall terminate on the date of termination.
- (c) The notice of termination may be delivered to the Insured Person, or it may be sent by registered mail to the last known address of the Insured Person on the records of the Company.
- (d) Either the Company or the Club may terminate this Policy at any time by giving ninety (90) days' written notice to the other party hereunder. Insurance on each individual Insured Person shall continue in effect until the next date on which the Insured Person's annual membership fees become due. All insurance under this Policy will cease not later than one year after the date of termination.
- (e) Upon the Insured Member ceasing to be a Member in good standing of the Club, their insurance shall terminate immediately.

(3) Conditions and Limitations on Payment of Benefits

The Company's obligation to pay benefits is subject to the following conditions and limitations:

- (a) such loss shall result within ninety (90) days from the date of the accident;
- (b) only one of the categories of loss listed in each of the Schedules of Insured Losses is compensable for a loss sustained by the Insured Person as a result of any one accident and if more than one category would otherwise be payable, the amount paid shall be determined in accordance with the category of loss which causes the larger amount to be paid;
- (c) any amount payable as a result of the death of an Insured Person shall be payable to a named beneficiary if so designated, and if no such beneficiary is designated, the amount shall be payable to the estate of the Insured Person;
- (d) if, at the time of any loss, the Insured Person is insured under two or more than two certificates issued under this Policy, the amount paid by the Company shall be determined as if the Insured Person is insured under only the certificate first issued and then still in effect and no payment for loss shall be made under the certificate issued subsequently. All premiums paid for such subsequently issued certificates shall be returned to the Club for reimbursement to the member.

(4) Transfer of Membership

On becoming insured under this Policy, an Insured Person who has transferred their membership to the Club from an affiliated motor club will be eligible for an amount of insurance determined in accordance with their membership status in the Club. Any Additional Coverage provided to an Insured Person under this Policy shall automatically be terminated as at the date they transfer to a different club.

- (5) **Reinstatement of Insurance – Grace Period**
If insurance hereunder has terminated by reason of the non-payment of the annual membership fee of the Member on or before the anniversary date of membership, the insurance may be reinstated subject to the following conditions:
- (a) if the membership fee is paid within thirty (30) days of the last day of the month in which the fee became due, the reinstatement will date back to the anniversary date and be of the same force and effect as if the membership fee had been paid by the date the membership fee became due;
- (6) If Additional Coverage mentioned in Articles 5 and 6 has terminated by reason of the non-payment of the additional premium on or before the anniversary date of membership, the additional insurance may be reinstated subject to the following conditions:
- (a) if the additional premium is paid within thirty (30) days of the last day of the month in which the premium became due, the reinstatement will date back to the anniversary date and be of the same force and effect as if the additional premium had been paid by the date it became due;
- (7) The date on which Membership and Additional Coverage begins, renews or terminates shall be conclusively determined by the Club from its records.
- (8) Before Additional Coverage hereunder can be obtained or renewed the annual membership fee and the minimum required premium of the member must be paid and current.
- (9) **Reinstatement after Grace Period**
If insurance hereunder has terminated by reason of non-payment of the annual membership fee of the Member within the 30 day grace period as set out in (6) and (7) above, then the Member may still reinstate the insurance in the 60 days following the said date of termination as provided for in (6) and (7) above except that no coverage will be afforded for any Loss incurred under this Policy prior to the said reinstatement.
- (10) **The Contract**
This Policy including the endorsements, insertions or riders, if any, and the application for insurance, constitutes the entire contract and no agent has authority to change or waive any of its provisions.
- (11) **Waiver**
The Company shall not be deemed to have waived any term or condition of this Policy either in whole or in part, unless the waiver is clearly expressed in writing signed by an executive officer of the Company.
- (12) **Notice of Proof of Claim**
The Insured Person or their agent, or a beneficiary or their agent entitled to make a claim shall:
- (a) give written notice of claim to the Company:
- (i) by delivery thereof, or by sending it by registered mail, to the head office of the Company; or
- (ii) delivery thereof to any office of the Club; not later than ninety (90) days from the date of accident; and
- (b) ninety (90) days from the date of the accident for which the claim is made, furnish to the Company such proof of claim as is reasonably possible in the circumstances of the happening of the accident and the loss occasioned thereby; and
- (c) if so required by the Company, furnish a certificate as to the cause and nature of the accident for which the claim is made from a duly qualified medical practitioner.
- (13) **Failure to Give Notice of Proof**
Failure to give notice of claim or furnish proof of claim within the time prescribed in this condition will not invalidate the claim if the notice or proof is given or furnished as soon as reasonably possible and in no event later than one year from the date of the accident and if it is shown that it was not reasonably possible to give or furnish proof within the time so prescribed.
- (14) **Company to Furnish Forms for Proof of Claim**
The Company shall furnish forms for proof of claim within fifteen (15) days after receiving notice of claim but where the Insured Person has not received the forms within that time, they may submit their proof of claim in the form of a written statement of the happening and character of the accident giving rise to the claim and of the extent of the loss.
- (15) **Right of Examination**
The Company has the right and the Insured Person shall afford the Company an opportunity to examine the person of the Insured Person or Child when and as often as it may reasonably require while the claim hereunder is pending and also, in the case of death of the Insured Person or Child, to examine the report of any autopsy required to be made and subject to any law of the province relating to autopsies. On request the Insured Person will provide to the Company written authorization for the release to the Company of any and all medical information respecting the Insured Person.
- (16) **When Monies Payable**
All monies payable under this Policy shall be paid by the Company within sixty (60) days after it has received proof of claim.
- (17) **Limitation of Actions**
An action or proceeding against the Company for the recovery of a claim under this Policy shall not be commenced after two (2) years from the date on which the claim is discovered.
- (18) **Conformity with Provincial Statutes**
Any provision of this Policy which, on its Effective Date, is in conflict with the statutes of the province in which the Insured Person resides on such date is hereby amended to conform to the minimum requirements of such statutes.
- (19) **Naming and Changing Beneficiary**
Subject to any applicable statutory restrictions, the Insured Person may name and/or change the beneficiary hereunder from time to time by written notice in a form satisfactory to the Company. The right to change the beneficiary is reserved to the Insured Person, and the consent of the beneficiary or beneficiaries, if any, shall not be required to change any beneficiary or beneficiaries.
- (20) **Determination of Dates**
All dates material to the operation of this Policy shall be conclusively determined by reference to the records of the Club. The times referred to are local times at the address of the Insured Person according to the records of the Club.

* This is a certificate of coverage only. The master policy is held on file at the Club.

Explore



Original Humboldt



Water Tower

Humboldt

Cultural Services
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CAA SAFETY REMINDERS TO KEEP CYCLISTS SAFE



BE SEEN

Wear lightly-toned or brightly coloured clothing



BE SEEN

Use reflectors and reflective tape on your helmet, clothes and bicycle



BE READY

Equip your bike with a cage and water bottle that can be easily and safely accessed



BE SEEN

Equip your bike with a headlight and taillight for night riding



BE READY

Avoid loose fitting pants that can get tangled in your bike chain



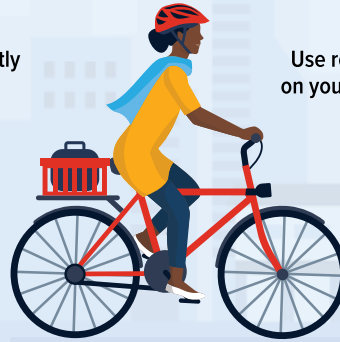
BE READY

Always wear running or cycling shoes while riding



BE HEARD

Equip your bike with a bell or horn to signal pedestrians and drivers, and to pass other bikes safely



Our roads will be extra busy with all types of active transportation, including cycling. Learn more about how cyclists and drivers can share the road safely.

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WEEKENDER

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HOMEGROWN TALENT

Plan a staycation this summer to explore some of Saskatchewan's hidden gems, while supporting local makers, growers and brewers

WHEAT SCULPTURE, ROSTHERN

ROSTHERN

BY NAOMI HANSEN

SITUATED IN central Saskatchewan, the pretty town of Rosthern is a thriving community. Surrounded by beautiful, natural prairie and several of the province's most-visited historic sites, there's plenty to see and do in the area on a weekend road trip!



OUT AND ABOUT



The menu at **Sixth & Railway Grill** features traditional pub fare—and then some. Try house-made fish and chips or perogies, which come with all the tasty fixings. 702 Railway Ave.



Visit the outdoor **Rosthern & District Farmers' Market** to browse local eats. It takes place downtown near the library on Friday afternoons from May to October. 1029 6th St.



On a hot day, stop by **Lil Bean Ice Cream** to cool down with a sundae, milkshake, Dole whip or a good old-fashioned waffle cone with your favourite flavour. 2018 6th St.



Do some thrifting at **The Clothes Basket**. From vintage clothes and shoes to books and quirky housewares, you're sure to find a treasure or two. 2007 6th St.



5

RIGHT ON TRACK

Rosthern local **Nicole Thiessen** is the director of programming at the Station Arts Centre, a cultural hub for the town and surrounding areas. Located in a turn-of-the-century Canadian National Railway station, the centre houses a gallery, performing arts theatre, craft beer tasting room and coffee bar.

What do you love most about Rosthern?

One thing a lot of people wouldn't initially know about Rosthern is that it's incredibly diverse—maybe not what you'd expect for rural Saskatchewan. Diversity makes this town very culturally rich and unique. People here are really proud

of the community and it's almost like Rosthern has developed its own cultural scene, distinct from the province.

What makes the Station Arts Centre so unique?

It's a multifunctional arts centre in small-town Saskatchewan, which in and of itself is unique. We have a first-class

theatre in a former train station that's over 120 years old. People who stop in are always so surprised. Our hope is that when people come here, they leave feeling different than when they entered.

What are some summer highlights?

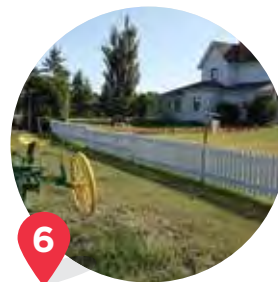
In July and August, we will host an exhibit by Saskatchewan artist Edie Marshall, who paints bright representations of nature. We also host outdoor concerts as well as art and garden programs. In town, there's the Rosthern Town & Country Fair, which has entertainment, food and a rodeo. Even if you're not a rodeo fan, it turns you into one!

Caboose Museum at Station Arts Centre



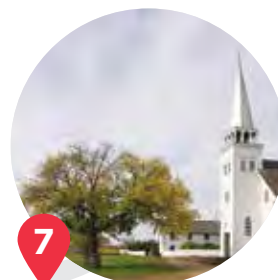
HISTORY IN THE MAKING

The Rosthern area is home to many notable sites



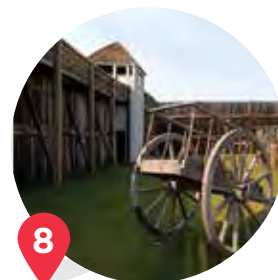
6

The **Seager Wheeler Farm** National Historic Site was the former home of Saskatchewan agronomist and crop developer Dr. Seager Wheeler, a.k.a. the Wheat King of the Prairies. Today, the site offers tours and events like dessert nights, which happen every Thursday evening during summer months.



7

About 26 km outside of town, **Batoche National Historic Site** commemorates the last battle of the 1885 North-West Rebellion. Catch a ride on the Batoche Shuttle for a guided tour of the area, or head out on the Li pchi shmayn walking trail to explore on foot.



8

Fort Carlton Provincial Park is a 30-minute drive from Rosthern and was a key location for the Hudson's Bay Company during the 1800s. Visit the reconstructed palisade and trade store, or go for a hike around the park. **CAA**



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MADE IN SASKATCHEWAN

Bathing suits, books, beer and other handcrafted goods made here on the Prairies

BY ASHLYN GEORGE



TRUE LEAF COLLECTION

BEACHY KEEN

"I SPENT A LOT OF TIME trying to find cute and comfortable swimwear that wasn't fast fashion. It was surprisingly difficult," says Ashley Hudy, the Warman-based designer

and seamstress behind **True Leaf Collection**. It was then that she decided to make her own. Hudy fell in love with the process, turning it into a full-time business in 2020. Each piece is carefully handmade and not a stitch of fabric goes to waste. She upcycles scrap material as scrunchies, ties and stuffing for pillows and dog beds. As an

avid traveller, she designs each suit to be reversible. "It's a no-brainer; it's like getting a two-for-one deal and you save on luggage space." The eco-minded designer also celebrates bodies of all shapes and sizes. True Leaf Collection is a size-inclusive brand that helps women feel beautiful and confident in both their bodies and their swimwear.



After a breast cancer diagnosis, Liz MacDougall began creating her own natural personal-care products. She used fewer and simpler organic ingredients, adding scents derived from essential oils. The health-minded products proved a hit with friends and family, so MacDougall started selling them locally. Today, her company **Pickle & Bee** offers a variety of items, from shampoo bars and hand soaps to deodorants and bath truffles. »

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TURN THE PAGE

Second books by Saskatchewan authors

Photographer **Chris Attrell** captures the beauty and history of Saskatchewan's prairie sentinels in his latest photobook *Grain Elevators: Beacons on the Prairies*.

Amber Antymniuk's second children's book, *Grandpa's Garage*, pairs playful rhymes with simple but engaging watercolour illustrations in a nostalgic nod to prairie childhood.

In *Sorry I Missed You*, **Suzu Krause** weaves a funny and heart-warming tale about three women who form an unexpected friendship by bonding over a mystery letter.

CHEERS TO CRAFT BEERS

Canada's breadbasket is home to award-winning breweries



Iron Bridge Brewery is one of the latest microbreweries to join the province's growing list of craft brewpubs. Launched in 2020, they set up shop on 3rd Avenue in Lumsden. Guests can also partake in a tour to learn some insider secrets of the brewing biz.



Fill a growler or grab a pint in the taproom of Swift Current's **Black Bridge Brewery**. The micropub has been a staple of the Saskatchewan craft beer scene, racking up awards recognizing their commitment to quality.



Maple Creek's **Rafter R Brewing** combines cowboy culture with small-batch beer. They focus on German-style beers, including Hefeweizen, Rauchbier and Berliner Weisse. On a sunny day, rustle up a chair on the outdoor patio and kick back with fellow country boys and girls. **CAA**

SLOW BURN

REGINA-BASED **LITTLE VICTORY CANDLES** PRODUCES SMALL-BATCH, HAND-POURED SOY CANDLES USING CANADIAN-SOURCED ESSENTIAL OILS. HERE ARE THEIR INSIDER TIPS TO MAKE SOME DIY VOTIVES.



3

Combine essential oils and mix with wax for 60 seconds.



5

Snip excess wicks and let cool for 24 hours.



2

Put wax into a pour pot and let cool to 135 F.



4

Use clothes pins to set and centre wicks; pour wax into jars.

1

Temperature control is key. Melt soy wax to 180 F.

HOW TO

XERISCAPE YOUR YARD

BY KELLIE DAVENPORT

AFTER LAST SUMMER'S record-breaking drought, Saskatchewanians are rethinking their yards. Carpets of thirsty grass may not be practical for hotter, drier conditions. Which is why xeriscaping is growing on homeowners. “It’s a low-water, low-maintenance style of landscaping with drought-resistant vegetation,” explains Sara Williams, horticulturist and author of Western Canada’s definitive guide on the subject, *Creating the Prairie Xeriscape*. “Grass is one of the highest water users of all plants,” she adds, noting how beautiful drought-tolerant landscaping can be. “It’s not all rocks and gravel!” Follow a few principles to give it a “grow” in your yard.



1

PLAN AND DESIGN

Water conservation is the cornerstone of xeriscaping. Begin with a scale drawing of your yard, grouping together plants with similar water needs. Place plants that need more water where you’ll see and enjoy them most.



2

LIMIT TURF AREA

Lawns need a lot of water—on average, about an inch-high layer over the soil per week while growing. Grass also needs a lot of care, with focus on mowing and weeding. Replace portions of lawn with low-maintenance ground-cover, native grasses or hard surfaces like paving stones.



3

IMPROVE SOIL

Moisture-retaining soil encourages plant growth. And organic matter helps retain moisture. “In prairie soils, organic material originates from the decaying roots of native perennial grasses,” Williams notes. Improve your soil with well-rotted animal manure, compost or peat moss.



4

CHOOSE PLANTS

Pick plants that are drought-tolerant, visually appealing and native to your region or climate. Aim for a mix that bloom at different times of the year. Good options for Western Canada include: Scots pine, flowering crabapple, subalpine fir and Siberian larch.



5

MULCH

Mulch captures moisture, prevents wasteful runoff and reduces weeds and pests. You don’t necessarily need store-bought mulch—consider organic materials like bark, post peelings or pine needles and cones. Scatter a four-inch layer covering the soil surface between plants.



6

IRRIGATE

To establish plants, water deeply but less frequently. “The entire root should be filled with water and the soil allowed to partially dry out before the next watering,” Williams advises. To avoid wasting water, use timed drip irrigation, a soaker hose or hand water.



7

MAINTAIN

Though you’ll spend less time on upkeep than traditional yardscaping, you should still periodically pull weeds, prune shrubs, rake leaves and top up mulch, if needed. And ensure your irrigation system is in good working order to avoid drowning or drying out plants. **CAA**

KATIE CAREY

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