

CAA

MAGAZINE

- Take charge! Are you ready to go EV?
- Community gardens are driven by good
- Travel advice, local hot spots and more!

SPRING 2023

THE CRETE ESCAPE

LIVE IT UP IN ONE OF EUROPE'S OLDEST CITIES


**Fresh
new look!**

Find out more on p. 7





PHOTO: DUSTIN SILVEY

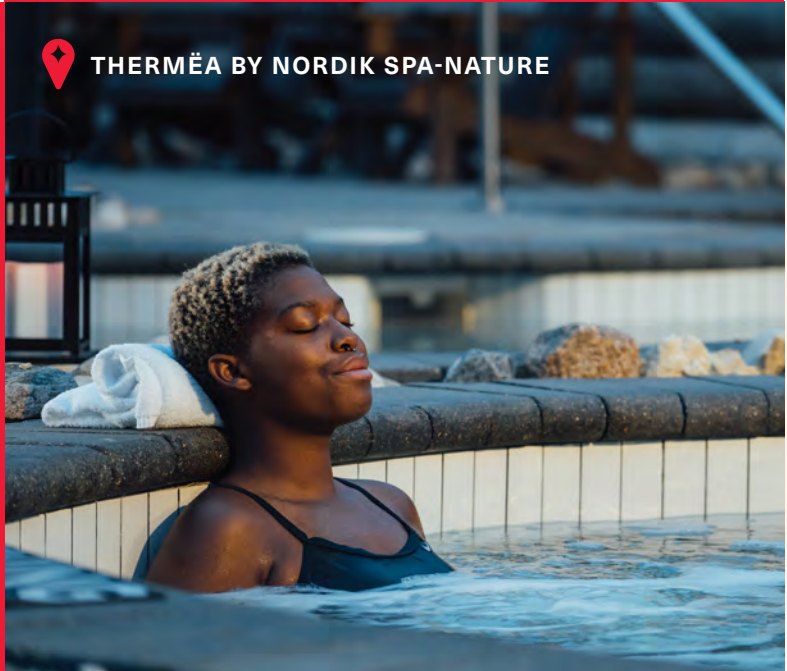
BLOODVEIN RIVER 

When your heart needs to *race*

When your heart needs *quiet*



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When your heart needs *wild*

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SPRING 2023

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It's a New Year and a New Look!

HELLO, VALUED CAA Members and readers of the *CAA Saskatchewan Magazine*. Many of us have started the year 2023 with a few changes, whether it's in business, finance or lifestyle. We too at CAA Saskatchewan have adapted to the trending environment by opting for some changes. One of the most significant starts with this spring issue of the *CAA Saskatchewan Magazine* that you are reading. We have gone completely digital and are producing it as an online publication only.

This club decision to offer just a digital format will reduce paper use and follows the business decision made by many organizations to go digital due to escalating paper and postage costs. Rest assured, the magazine as a key source of information for our Members will still be published quarterly—in spring, summer, fall and winter. The digital publication will remain posted on our club website for your easy access and online reading.

The *CAA Saskatchewan Magazine* will keep providing relevant content on Travel, Insurance, Automotive and Membership, as well as Advocacy & Safety. We've added several new features and, together with a new publisher, we invite readers to enjoy new hot spots and events, along with on-trend news spanning a wide range of topics—entertainment, community, Member stories, and much more.

As a Member of CAA—named Canada's most trusted brand for the third consecutive year—you'll still be able to appreciate and experience valuable savings, including:

- being able to bundle your auto and home insurance and receive 10% off your home insurance.
- saving 10% on travel insurance. Our experienced, knowledgeable and trustworthy Travel Consultants are here to help you plan all your trips.
- reputable roadside assistance, available 365 days a year, 24/7. We also offer sound advice for seasonal vehicle care and more.
- CAA membership plans to fit your and your family's lifestyle.
- pertinent information from CAA as a trusted safety advocate for Air Passenger Rights, Bike Safety and Consumer Education (including information on EVs, plus Driver, Road and Pedestrian Safety, School Safety Patrol and School Zone Safety).

Thank you for your membership. Your opinion and comments matter to us. Drop us a line at caa.magazine@caask.ca with your thoughts or questions.

***Take care and stay safe!* CAA**



Brian L. Barber
Chair, CAA Saskatchewan
Board of Directors

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SCAN HERE TO
FIND YOUR FIT

Contributors



Matt Bubbers is a columnist and car critic for *The Globe and Mail* and the automotive editor at *Sharp* magazine. Writing about cars, culture and the (increasingly electric!) future of transportation takes him around the world test-driving new vehicles on racetracks, sand dunes, frozen lakes and Alpine passes. Matt lives in Toronto, where he tries to maintain a small collection of needy old cars and to avoid the streets on CAA's list of Ontario's 10 worst roads.



Waheeda Harris has been a traveller from a young age, thanks to her road trip-loving parents. She has since been happily chasing the sun as a freelance journalist. Her assignments have taken her to Europe's Mediterranean coast, the Caribbean islands and the Pacific coast of the Americas. She is a regular contributor to *The Globe and Mail*, *NUVO*, *Travelweek* and *Vacayou*. When not abroad, Waheeda is exploring her home province of British Columbia.



Beth Hitchcock is a 25-year veteran of the publishing industry and, most recently, has been named editor-in-chief of *Canadian House & Home* magazine. She frequently writes for national newspapers and magazines, including *The Globe and Mail* and *Chatelaine*, and is the co-creator of the best-selling design book series *Collected* by Sarah Richardson (Simon & Schuster Canada). Beth has an MFA in creative nonfiction writing from University of King's College and lives in Dartmouth, N.S.

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Member Letters



ALWAYS LEARNING

As an older driver, I found some good ideas at the CAA Virtual CarFit Clinic. Probably the most important thing I learned was about adjusting the head restraint. I didn't know how important that was. Thank you for your presentation.

–Catherine

AMAZING CUSTOMER SERVICE

I would like to commend Alerica Heinemann, an employee at the CAA Regina South Store, for amazing customer service. I recently dealt with Alerica when discussing the home insurance policy on my house. She was very professional, kind and helpful. She helped with my multiple policies, and I want to just say thanks. The service is appreciated and I always refer people to CAA.

–Carolyn

JUST SAYING THANKS

Felicia Lambert at the CAA Saskatoon East Store was very knowledgeable, courteous and responsive to our travel needs.

–Denis

“

As an older driver, I found some good ideas at the CAA Virtual CarFit Clinic.

A CAA MEMBERSHIP MEANS PEACE OF MIND

If there's one thing Bob Friedrich—host of Access Communications' car show, *Cruisin' on 7*—never does is leave home without his CAA membership card.

Whether he's driving his car or cruising in his motorhome pulling his boat, Friedrich often finds himself racking up 30,000 kilometres per year on his vehicles.

CAA has helped him out of several jams over the years—running out of gas, locking keys in the car, encountering a flat tire and needing a battery change.

On one late, cold winter night on his way home from a trip to Alberta, Friedrich found himself out of gas about 10 kilometres from Regina. He had a new car and was unfamiliar with how fast the bottom of the gas tank depletes. Concerned for the safety of his wife and two children in the car, he called CAA. A tow truck operator was immediately dispatched and arrived shortly after with some gas to get them back home to Regina.

A CAA membership is like an insurance policy, says Friedrich. Knowing he's covered if something goes wrong gives him peace of mind.

And when he's not on the road with his wife, Gwen, and her dog, Lucky, Friedrich is using his membership for hotel discounts, purchasing Cineplex movie tickets and booking trips with a CAA Travel Consultant.

Have a Member letter you want to submit? Email us at caa_magazine@caask.ca and you can be featured in an upcoming issue. Letters may be edited for length and clarity.



Bob and Gwen Friedrich with Gwen's dog, Lucky.



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TO THE RETAILER: Genacol Canada Corporation Inc. will reimburse the full value of this internet coupon plus the established handling fee provided you accept it from your customer on purchase of the item specified. Failure to send in, upon request, evidence that sufficient stock was purchased to cover the coupons presented will void coupons. A reduction in any applicable taxes payable is included in the coupon face value. This coupon is VALID IN CANADA. For redemption, this coupon must be received by mail before SEPTEMBER 30, 2023. TO: REDEMCO INC., C.P. 128, Longueuil, Quebec, J4K 4X8



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A day hike in Yoho National Park is a day well spent.

Epic Canadian Day Hikes

Five hikes you can do in a day.

By Andrew Penner

Talk to our experts about insurance for interprovincial travel.

1

From rugged, wave-smashed coastlines to beautiful boreal forests, our country is a hiker's dream. And, given the incredible variety of terrain, there's something for every soul who loves to saunter. Here are five fabulous full-day treks you'll want to lace your boots up for.

Iceline Trail, Yoho National Park, British Columbia

From start to finish, Yoho's signature ramble serves up a smorgasbord of stunning scenes. Glaciers, thundering waterfalls, hanging valleys—the list goes on.

21.7 km
1,053 m elevation gain

2

Crypt Lake, Waterton National Park, Alberta

This epic adventure requires a boat ride to the trailhead. When all the happy hikers disembark, they're in a day-hiking wonderland.

18.8 km
878 m elevation gain

3

Centennial Ridges Trail, Algonquin Provincial Park, Ontario

True, given the kaleidoscope of colour, this is a fantastic foray in the fall. But, thanks to dozens of scenic lookouts from the rocky outcrops, it's beautiful in every season.

10.9 km
482 m elevation gain

4

Valleyview Difficult Loop, Prince Albert National Park, Saskatchewan

Challenge yourself to this hike and be rewarded with stunning lookouts along the Sturgeon River. The trek also takes you through rare fescue grasslands.

24.5 km
174 m elevation gain

5

Green Gardens Trail, Gros Morne National Park, Newfoundland

Sea stacks, sheep, beaches, ladders, waterfalls, mountains—what more do you want? Bring good lungs and legs for the journey home.

11.3 km
414 m elevation gain

Houseboating on rivers and canals redefines “taking the scenic route.”



Have Le Boat, Will Travel

TAKE TO THE RIVERS of Europe or stay closer to home on the Rideau Canal. Le Boat houseboats are simple to operate—even for those without boating expertise—and give the opportunity to experience a destination in a way you just can't enjoy from the road. With options for 2 to 12 passengers, you can keep it intimate or invite the whole gang. Talk to a CAA Travel Consultant for details on combining your Le Boat cruise with flights, pre/post-trip hotel nights, ground transfers and travel insurance to complete your vacation.



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Members pay less for Le Boat. Your Member discount applies even to promotional rates.

The Localer: Eliza Doyle

Building community through music.

ELIZA DOYLE IS A banjo-playing rolling stone. With 10 albums under her belt, she's spent a lot of time travelling. Her most recent tour was exciting — she played bluegrass with Juno-winning The Dead South — but she missed connecting with her community and teaching promising local musicians.

Post-tour, Doyle went to Stanley Mission, Saskatchewan, armed with her bachelor of education and a grant to teach music for five weeks. The response was positive, but the residency felt disappointingly short. Doyle's father worked in an Indigenous community near her hometown of Loon Lake, and she grew up participating in powwows and special events. It helped her see the importance of enduring relationships. "Everybody goes up and does one-off programming in remote and underserved communities," says Doyle. "That can do more damage because people from the community begin to learn that outsiders don't stay."

Doyle saw the need for consistent music programming on remote Indigenous and Métis reserves, so she teamed up with Holly Rae Yuzicapi to create the Community Arts Mentorship Program (CAMP). The non-profit works with eight Saskatchewan communities, sending a consistent roster of musicians to teach and offer programs like Girls Rock Camp, Hip-Hop Collaboration and SOA Fiddle Mentorship, as well as a Trauma-Informed and Culturally-Sensitive Arts Training Course for musicians.

Right now, Doyle's on the road again, this time to promote her newest album, *Pretty Strange*. But she will always go back to teaching and community outreach.

"The idea is to build and strengthen the community through arts programming," says Doyle. "Everybody likes music. When you're watching a show and everyone's clapping along, your differences melt away."

—Aileen Brabazon



Nominate a Localer. We'd love to hear about people doing great things in your community. Send ideas to caa.magazine@caask.ca and they could be featured in an upcoming issue.



Eliza Doyle fosters community ties in Saskatchewan reserves by mentoring fledgling musicians.



Modernism has a stylish home at this new Palm Springs museum.

Step into the Heyday of Modernism in Palm Springs

Make a splash in Jayne Mansfield's heart-shaped tub, be the host with the most in a candy-colour kitchen or chill out in a groovy rec room. Step into the display "vignettes" to play and pose in the newly opened Modernism Museum in downtown Palm Springs, California. Curated by artist, designer, philanthropist and local style maven Tracy Truco, the museum showcases 12,000 square feet of bold design from the '50s, '60s and '70s.

psmodernismmuseum.com

PHOTOGRAPHY: (UPPER) COURTESY LUXE ARTISAN CHOCOLATE BONBONS, (BOTTOM LEFT) COURTESY LOCAL GATHER MARKET

LUXE Artisan Chocolate Bonbons

Satisfy the most discerning sweet tooth with these delectable local treats. Drop-ins are welcome at the shop on Albert Street in Regina to watch the chocolatiers at work.

Creative flavours introduced seasonally.

Available in boxes of 6, 12 and 24 pieces.



Hand-piped, hand-painted chocolates that look (almost) too good to eat.



Tempted? Shipping across Canada is available at luxartisanchocolates.com.



Gather Local Market

The highly anticipated Gather Local Market (gatherlocalmarket.ca) opens in May at River Landing in Saskatoon, and, as its name suggests, it's designed to bring people together, taking local love to the next level. The market will operate year-round, six days a week, showcasing Saskatchewan's premier wares. There will be 16 artisan and retail spaces, eight restaurant spaces and six craft brewery/distillery vendors. From May through September an outdoor farmers' market will also run twice a week.

—Jenn Smith Nelson

Sample, shop local, socialize—Saskatoon's new public market is open for business.



What Are You Listening To, The Sheepdogs?

The classic laid-back-rock grooves of Saskatoon band The Sheepdogs are ideal for a road-trip cruise through the Land of Living Skies. But what tunes do they take on the road for inspiration? Beginning with a song they call “a rollicking road epic worthy of Kerouac,” their picks should inspire a little wanderlust and a lot of finger tapping.

Hello L.A., Bye Bye Birmingham
Bobby Whitlock



Lonesome and a Long Way from Home
Eric Clapton

I'm a Ramblin' Man
Waylon Jennings

8 Days on the Road
Howard Tate

Willin'
Little Feat

Take the Highway
The Marshall Tucker Band

White Line Fever
The Flying Burrito Brothers

Travelin' Band
CCR

By the Time I Get to Phoenix
Glen Campbell

Is Anybody Goin' to San Antone
Charley Pride



Pick the e-bike that best fits your lifestyle and life pace.

Anatomy of an E-bike

Put some pep in your pedal with an electric-assist bike.

WINNING THE TOUR DE FRANCE may not be in your future, but getting from the garage to the grocery store in record time with an electric-assist bicycle (aka the e-bike) may be the next best thing. Equipped with a motor powered by a rechargeable battery, an e-bike provides extra pep in your pedal.

These days, you have a lot of choice. Range, speed and capabilities vary by manufacturer, but there are some key commonalities, including that a more powerful motor (which can help you keep step with traffic and haul cargo) means more battery burn and a shorter range. Like conventional bicycles, e-bikes are categorized as mountain or road, urban or cargo.

Expect to pay around \$2,000 (to start) and be sure to ask how many pedal-assisted kilometres the e-bike will deliver (generally between 30 and 120); the number of watt-hours (Wh) the battery carries before needing a charge; and the size of the motor. But most of all, choose something that will take you from A to B (and any other letter) in comfort — a fit and feel that's right for you will make all the difference.



Ready to Ride? Save 10% with CAA Rewards on regular-priced merchandise at Bruce's Cycle Works in Saskatoon.

The Birds and the Bees

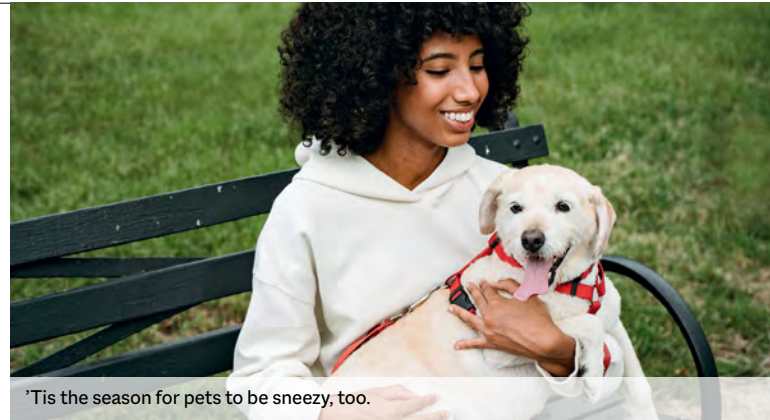
JUST IN TIME to pull us out of our winter slumber as we head into spring, playwright Mark Crawford's flirty, feel-good rom-com, *The Birds and the Bees*, delivers a hearty mix of love and laughter. Hilarity ensues with the romantic plot involving life and love, and sex and science, along with a pinch of family drama. When her bees go missing and her middle-aged daughter moves back home, beekeeper Gail attempts to navigate sticky situations as her farm becomes a hive for unusual activity and a host of other characters. March 29–April 23.

persephonetheatre.org

—JSN



Talking turkeys and honeybees take centre stage at Persephone Theatre.



'Tis the season for pets to be sneezy, too.

Seasonal Allergies in Pets

Itchy skin, watery eyes, sneezing and wheezing... It's not just humans who can suffer from seasonal allergies. Pets can, too. According to VCA Animal Hospitals Canada, the most common allergy symptom in dogs is skin reactions (itchiness, hives, inflamed or red skin). They may also have swelling of the face, lips, eyelids or ear flaps, and runny eyes. Cats with seasonal allergies can also suffer these symptoms.

If you notice your pet scratching or licking itself more than usual, sneezing or showing signs of swelling this spring, a visit to the vet may be in order. Your vet may want to rule out other possibly serious causes before diagnosing the problem as a seasonal allergy.

Luckily, you can help alleviate the misery by limiting your pet's exposure to allergens, like pollen or snow mould, and with prescription medications. Your vet will be happy to advise.



Insurance for Fido and Fluffy.

Cover your four-footed friend with pet insurance through CAA (caask.ca/insurance/pet-insurance).

Air Passenger Rights: Making a Complaint

AIR PASSENGER Protection Regulations (APPR) cover flights to, from and within Canada and address delays, overbooking and lost or damaged luggage. In September 2022, rules came into effect stating that airlines must rebook, credit or refund a delayed flight. If you find yourself stuck, what should you do?

TALK TO THE AIRLINE. They may be able to resolve your problem without needing to go further.

SUBMIT A COMPLAINT TO THE AIRLINE IN WRITING. You must allow 30 days for them to respond.

IF YOU ARE STILL UNSATISFIED, file online with the Canadian Transportation Agency at rppa-appr.ca.



CAA is advocating for ways to make travel smoother. Learn more at caask.ca/airpassengerrights.

How to Choose a Green Hotel

Plan to leave a smaller footprint—even before you arrive. Here are five tips on how to do it.

By Valerie Howes

MOST TRAVELLERS, BY NATURE, care about the world around them. It's no surprise then that eight in 10 travellers consider "green" trips important, according to the findings of the Sustainable Travel Consumer Report released in September last year by Trip.com Group, a Shanghai-based multinational provider of travel services.

"We should all be committed to contributing to a greener and cleaner environment," says Terry Kaszas, General Manager, CAA Saskatchewan Travel Services. "One of the ways travellers can do this is to look for a greener hotel."

Here are some tips on how to make informed choices when deciding where to stay:

ASK THE RESERVATIONS TEAM ABOUT ECO-FRIENDLY PRACTICES.

A hotel that cares about environmental stewardship will be eager to share its mission with guests. Kaszas suggests asking the following questions before you book: *What is your plastics policy? Do you operate paperless? Do you have energy- and water-saving measures in place? Is your accommodation certified for environmental sustainability?* This way, you're gathering data and also sending a message that regenerative practices matter.

CHECK THE PROPERTY'S WEBSITE FOR A SUSTAINABILITY PAGE.

Any property with a strong environmental commitment will clearly reference its practices. Setting a high benchmark is Trout Point Lodge, in Nova Scotia, whose site details eco-conscious design and construction choices. They also use grey water in the garden, launder sheets less often and encourage staff to carpool or bike.

LOOK FOR THIRD-PARTY CREDENTIALS FROM A TRUSTED ENVIRONMENTAL ORGANIZATION.

Not all green accreditations are created equally. Here are two you can trust. Ottawa-based Green Key Global rates (and audits)



Carbon-neutral since 2009, the Inn at Laurel Point is a serene oasis in downtown Victoria, B.C., with an on-site vegetable garden and bee hives, plus staff trained to minimize energy usage and waste.

hotels, based on criteria such as energy and water conservation, waste management and building infrastructure. The widely used certification system LEED (Leadership in Energy and Environmental Design) recognizes excellence in green design and construction practices. In Alberta, the Element by Westin Calgary Airport is the first LEED-certified hotel. It has recycled cork floors in its gym, electric car-charging stations and water-efficient faucets.

FIND OUT IF THE HOTEL OPERATES AS PART OF A LIKE-MINDED INDUSTRY NETWORK.

Regenerative travel destinations, such as Vancouver Island's Inn at Laurel Point, work with other businesses to set a higher bar. This carbon-neutral inn is the first hotel in North America to join The Climate Pledge network, a collaboration of companies tackling climate change. The Inn at Laurel Point even recycles sheets for use as bandages in developing countries and utilizes ocean water for hydrothermal heating and cooling.

VENTURE OFF THE GRID.

"Getting truly into nature, using only renewable energy sources and composting toilets, can be an alternative accommodation choice that's both rewarding and environmentally sound," notes Kaszas. Algonquin Eco-Lodge, in Ontario, fits the bill. It's fully powered by micro-hydro electricity generated by waterfalls. It also offers an eco-volunteering summer program for guests interested in projects like clearing out overgrown streams or building trail bridges. **CAA**

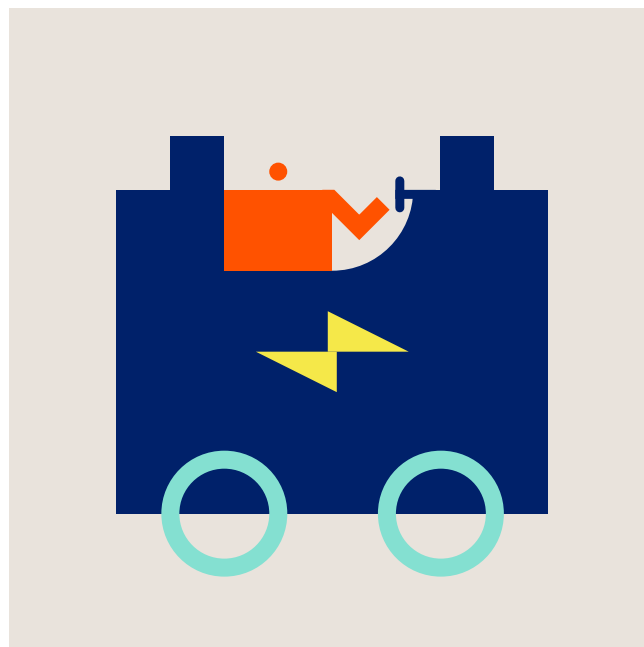


A **CAA Travel Consultant** can help you find eco-friendly accommodations. It's easy to connect with a consultant at caask.ca/travel or call 1.800.564.6222.

The Heart of Your Vehicle

A happy battery makes for a happy vehicle.

By Matt Bubbers | Illustration by Peter Grundy



A DEAD BATTERY is one of the most common reasons drivers call CAA for help. It's no surprise really. Canada's sub-zero winters are like kryptonite to your car's battery, and high-tech features—like cameras, keyless entry and automatic engine stop/start—can put additional strain on the system.

Having a little knowledge of your car's battery and electrical system can go a long way to preventing problems down the road and help you feel better equipped to interact with your mechanic or CAA professional.

HOW IT WORKS

In a traditional vehicle, a 12-volt battery—often located in the engine bay or under a cover in the trunk—is responsible for supplying power to a starter motor that spins the engine to life. Once the engine is running, it powers an alternator, a tiny generator that turns the engine's rotating mechanical force into sweet, sweet electrical energy. The

alternator usually powers accessories such as headlights and wipers while the vehicle is on the move, and it also recharges the battery.

Electric vehicles (EVs) are powered by massive lithium-ion batteries—often positioned under the car's floor—but they also have a smaller 12-volt battery to power accessories such as headlights, windows and wipers.

KNOW THE SIGNS

A 12-volt lead-acid battery (as found in most cars) usually has a lifespan of three to five years, but drivers should always be on the lookout for signs of failure. Those include warning lights on the dashboard, dim headlights, a sulfur or rotten-egg smell, a weird-sounding horn, and corrosion, which looks like white or blue-green gunk on the battery itself.

A dead or dying battery can (although not always) point to a problem with the alter-

nator. Alternator failures are less common than battery issues, but signs to watch out for include a whining or growling noise from the engine bay, a burnt-rubber smell, and flickering or dim headlights.

BATTERY TIPS

To avoid battery problems, don't run your vehicle's accessories for an extended period while the engine is off, and check that you haven't accidentally left the vehicle's lights on before walking away. If your car will be parked for an extended period, consider installing a "smart" battery charger/maintainer to keep it in good shape. The best way to prevent a dead battery, however, is simply to use your car. Try to drive for at least 20 to 30 minutes once a week.

If all else fails, CAA Mobile Battery Service will test, replace and recycle your old car battery from your home, workplace or even from the side of the road. **CAA**



Check your battery? CAA Mobile Battery Service is available in Regina and Saskatoon. It is not available 24 hours a day. To request assistance, call 1-800-222-4357, go online at [caask.ca](https://www.caask.ca) or use the mobile app. CAA Members receive a 10% discount on regular merchandise at Regina Battery Depot—talk to their experts for battery tips and more.



Crete Dreams

One of Europe's oldest cities, Chania is a sun-splashed destination on the coast of Crete that combines ancient charm with modern comforts. And, yes, (almost) all roads lead to the beach.

By Beth Hitchcock | Photography by Tom Parker

FOR SUN-SEEKERS, the city of Chania was once a means to an end—a stopover en route to the world-class beaches of Greece's largest and southernmost island. Now, this bustling city on Crete's northwest coast has earned the spotlight on its own merits. Just an hour's flight from Athens, Chania (pronounced "hahn-yah") is both a destination, thanks to a historic harbour and local delicacies, and an ideal jumping-off point to explore the culture, geographic diversity and this lush island's Instagrammable beaches.

For admirers of history and architecture, Chania itself is an irresistible draw. First inhabited around 1700 B.C. by the Minoans it was later claimed by the Romans, Byzantines, Venetians and Ottomans, which helps explain the city's wide-ranging historic architecture. Walking into town from the Venetian lighthouse (a listed archaeological site) at Chania's port, you'll pass a fascinating mix of neoclassical buildings, Byzantine castles and monasteries dating back to the 11th century.

It's at the new Archaeological Museum in the nearby suburb of Chalepa that you begin to understand how the city's traditional spirit and contemporary edge coexist so comfortably. Here, inside a modern building designed according to sustainability and bioclimatic principles, you can view artifacts and learn about Cretan life from prehistoric times.



Chania's 16th-century Venetian lighthouse was rebuilt in the form of a minaret during the Ottoman Empire.



Reserve a table in the sand at Thalassino Ageri, a traditional fish tavern in Chania overlooking the turquoise water. Local specialties include grilled octopus and *astakomakaronada* (pasta with fresh lobster).

MARKETS AND SHOPPING

Though the city's historic covered central market is closed for renovation until late 2023, there are open-air farmers' markets to discover and picturesque alleys to wander, all populated with shops purveying local delights—artisanal leather goods, ceramics and hand-embroidered textiles, olive oil, tea and honey.

Kurkuta is a fun souvenir shop full of kitschy novelty items, while Mitos Art has more sophisticated offerings that range from modern gold and silver jewellery to ceramics and bronze sculptures created by local artists and designers. Roka Carpets Weaving Shop is where master weaver Mihalīs Manousakis and his wife, Annie, craft intricate traditional rugs on their 400-year-old loom.

WHAT TO EAT AND DRINK

Don't miss the chance to sample Cretan delicacies, like *kalitsounia*, a salty or sweet cheese pastry, and *dakos*, a fresh salad of tomatoes, creamy sheep's- or goat's-milk cheese atop barley rusks soaked in olive oil. *Kolokithokeftedes* is another item you'll see on menus—traditional zucchini, feta and mint fritters popular on the island. Raki, a Cretan brandy distilled from grapes, is served at just about every taverna and enjoyed neat alongside *mezes* (a selection of small appetizers or snacks).

One of Chania's most famous pastry shops is a family business that has been baking fresh *bougatsa*—a phyllo pastry with a sweet or savoury filling—for 100 years. Stop by Bougatsa Iordanis any time after 6 a.m., when the oven gets fired up, for the original sweet version—with a creamy custard filling—dusted with cinnamon and

sugar, and best enjoyed with a strong coffee.

For a more modern take on breakfast (or lunch or dinner), head over to Ginger Concept, a chic bistro in the Old Town—and an idyllic place to start the day with *kagianas* (an eggs-and-tomato dish) and people-watching. And for the freshest seafood and best sunset views, book a dinner reservation at Thalassino Ageri, or try Salis, where the creative chef reimagines old classics with seasonal local twists.

WHERE TO SLEEP

Take your pick of accommodations—coastal, city or countryside—to suit your personal preference and itinerary.

Just outside of Chania, on an organic farm, is Metohi Kindelis, with its rose-coloured exterior and three spacious guest houses, replete with fully equipped kitchens (and fridges stocked with local goodies) and private saltwater pools.

With its clean-lined beach house interiors punctuated by primary colours and cheeky pop art, Ammos is the physical embodiment of a wink. This beachfront favourite just 5 kilometres from the Old Town features cozy studio rooms as well as larger suites to accommodate families of four.

Boutique luxury hotel Casa Delfino is housed in a refurbished 17th-century Venetian mansion and has 24 elegant guest rooms with stunning views of Chania's Old Harbour.

Contemporary accommodations are available at the centrally located Samaria Hotel, which is close to the Old Town and shop-lined cobbled streets.

IT'S WORTH THE DRIVE

Rent a car and venture out from Chania to



High style by the seaside, Ammos Hotel is like a mini-resort just outside of the city.

For a more modern take on breakfast (or lunch or dinner), head over to Ginger Concept, a chic bistro in the Old Town—and an idyllic place to start the day with *kagianas* (an eggs-and-tomato dish) and people-watching.



view more of the breathtaking landscapes and explore the local attractions that make Crete so magical.

FOR THE HISTORY BUFF

The jewel in Crete's historic crown is Knossos, believed to be Crete's largest Bronze Age archaeological site and Europe's oldest city. You can still experience the tiered platforms of the palace, the restored fresco depicting a charging bull, and the majestic Minoan columns constructed from the trunks of cypress trees—all just a scenic two-hour drive away. Break up the trip back to Chania with a stop at the Arkadi Monastery, a 16th-century church that blends Roman and Baroque elements and was a refuge during the Cretan resistance to Ottoman rule in 1866.

FOR THE ACTIVE HIKER

A hike at Samaria Gorge is a must. The 16-kilometre trail will lead you past abandoned villages, tight passages (one is only 3 metres wide and 100 metres high) and 450 species of plant and animal life, which makes the gorge a UNESCO-designated Biosphere Reserve. For a shorter hiking alternative, check out the Imbros Gorge, an 11-kilometre canyon trail about an hour's drive from Chania.

FOR THE TREASURE HUNTER

Crete has a deep tradition of pottery and nowhere is it more evident than the village of Margarites, in the centre of Crete's rolling Rethymno region. Stroll the winding streets and you'll notice artists' hand-thrown pots displayed outside, spilling onto the sidewalks and window sashes, and indoors. At Keramion, you can observe Minoan-era firing techniques and embellishments on the humble-yet-stunning vases, jugs and plates. And if you're artistically inclined, consider taking a short workshop to learn how to throw clay on a wheel or hand-build a pottery piece.

BEACH DAYS

When you're ready to cool down with a day

at the beach, Chania offers bountiful options. There are lots of lovely beaches near the city, but the real gems are just a short trip away.

Prepare to swoon at the shimmering pink sands (thanks to crushed shells) and crystalline waters at Balos. Apart from its otherworldly appearance, what sets Balos apart is its shallow lagoon that's perfect for hours of wading. Though you can drive the 51 kilometres to Balos, some of the roads are rough, as is the final hike to the beach. The easiest arrival is via the Kissamos ferry. There's a beach bar, but items are limited and go fast, so packing your own water and snacks is the best way to enjoy Balos.

If one pink beach isn't enough, venture to Elafonisi. Shallow turquoise waters dotted by islands and coves make the one-kilometre-long coastline a popular spot for watersports, relaxation and photography. Elafonisi offers sunbeds and beach umbrellas, a couple of small beach bars and, during the busy season, lifeguards.

Falassarna, located at the western base of the scenic Gramvousa Peninsula, is another crowd-pleaser, thanks to an abundance of rental umbrellas, snack bars and volleyball courts.

Where there are great beaches, there are bound to be great water sports. With a plethora of equipment-rental companies operating at most sites, you can find just about any gear you wish—from canoes and stand-up paddleboards to windsurfers and jet-skis. If you'd rather enjoy the ocean by boat, head to nearby Hora Sfakion and take a trip to Loutro, a charming movie set of a seaside village inaccessible by car. Or drive to Kalypso Beach in Rethymno—a rocky cove with inky blue waters that once served as a pirate hideaway. Rent scuba or snorkel equipment and marvel at the marine life in the depths of the Libyan Sea.

Whether you're Greek island-hopping or plan to spend your whole vacation on Crete, you'll find plenty to do and see—with sweeping seaside vistas so stunning, it can be hard to keep your eyes on the winding cliffside roads. **CAA**

→

Elafonisi, with its pink dunes and clear blue water, is frequently listed as one of the world's most beautiful beaches.

Money Matters

Minimize currency exchange fees and buy euros before your trip. CAA Saskatchewan has partnered with two foreign currency companies, Olympia Trust company and International Currency Exchange (ICE) so you can deposit currency at one of our in-house ATMs or order online. Learn more at caask.ca/travel/travel-planning/foreign-currency.

Don't Forget a Permit

Since some foreign car rental agencies may require an International Driving Permit (IDP), check with your intended provider before setting out on Crete's winding roads. The IDP is valid for one year after purchase, so it's handy if you plan to extend your trip to other destinations—or have additional trips planned in the coming year.



Only CAA is authorized to issue an IDP, whether you're a Member or not. Get more information at caask.ca/travel/travel-planning/international-driving-permits-idp.



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or call 1.800.564.6222.

Packing Guide

Traveling light is an art form, whether you're visiting Greece for a week or a long weekend.

Here's how to carry-on the essentials and still explore your destination in style:



Wear your bulkiest clothes on the plane: jeans, sweater, jacket and comfortable walking shoes or boots.



Limit packed footwear to a pair of casual shoes or shoes that can be dressed up, plus flat sandals or flip-flops for the pool and beach.



Check what amenities your hotel provides, so you can leave unnecessary toiletries at home.



Choose versatile clothing—light-weight trousers, skirts, good-quality tees—that can be layered to suit the temperature or occasion.



Bring a selection of small accessories (think scarves, jewellery, sunglasses) to smarten up your basics. And don't forget a hat for sun protection!

Visit caask.ca/shop for all your luggage needs, from hard-side cases to backpacks and crossbody organizers.

The Magic of the Mekong

A luxury cruise on one of the world's grandest rivers
pampers the body and soul.

By Erin Campbell



Views along the Mekong River are ever changing, from lush jungle to rice paddies, villages and bustling cities.

TO THE SOUND OF VIGOROUS DRUMMING and clashing cymbals, a traditional lion dance lights up the upper deck of our ship as it crosses from Vietnam into Cambodia. This is the halfway point of our cruise on the Mekong River, and the colours and cacophony of the ceremony—*múa lân* in Vietnamese—presents a delightful spectacle. It's also a blessing for our journey—and it bodes well for the events to come.

We are just a few days into a week-long cruise and our 279-foot-long ship has become our home away from home. Every day the chatter among the guests becomes more excited. We are past introductions at this stage. Most likely, many long-lasting friendships are being forged—for there is a lot to talk about. That spectacular dance, for one.

A lion dance is performed to mark a special occasion. In our case, the animated movements are intended to bestow happiness, wealth and good fortune upon the guests on the ship. For this we are grateful. And we can feel the results—guests relax and sip local Angkor beer while taking in a view of the silk-producing town of Tân Châu. A sense of calm and relaxation melds with the excitement for everything that the mighty Mekong will allow us to experience.

A river cruise feels like the perfect way to travel, as our ship meanders the seemingly endless waterway. Daily shore excursions take us to floating markets, temples and wildlife sanctuaries. Every day we see something new, and every evening the discussions among the guests turn to convivial recollections of the day's remarkable sights, sounds and flavours.

Just a few days earlier, when the ship departed at sunset from Ho Chi Minh City, we were a group of strangers setting out on an adventure, full of anticipation but not entirely sure what to expect. No amount of reading and Web surfing can prepare you for such a visually rich setting, unfolding day by day and uploading new additions to our visual memory banks.

For many, this river cruise is like no other excursion. Some first-time river cruisers remark on the unique blend of cultural immersion and daily activities mixed in with ample time for leisure and social interaction. With 34 staterooms onboard, the ship can carry up to 68 passengers. Not too many and not too few...the optimal number, really, affording opportunities for social gatherings and time for peace and quiet, as you prefer. Perhaps a rejuvenating Cambodian Khmer massage at the end of a day of sightseeing? This can be arranged.



Buddhist monks from all over the world pilgrimage to the magnificent Angkor Wat.

Take your time

Booking extra days before and after your cruise lets you experience more of the region and helps you acclimate before the cruise and unwind afterwards. For example, before departing on a Mekong cruise like this one, take the time to navigate Ho Chi Minh City's sea of motorbikes. Visit the Saigon Central Post Office and the neo-Romanesque Notre-Dame Cathedral Basilica of Saigon, whose 19th-century architecture evokes the French Indochina era. See the Independence Palace, which was captured in 1975 by North Vietnamese forces to end the Vietnam War. There is so much to see—get in touch with CAA Travel to arrange the perfect “extra” days on your vacation.



Sip a gin cocktail (made with your pick of over 100 brands in their “ginventory”) at the historic Elephant Bar of Raffles Hotel Le Royal in Phnom Penh.

The Mekong River is the second-most biodiverse river system in the world after the Amazon basin. It travels 4,350 kilometres south from China to the Mekong Delta in southwest Vietnam, passing through Myanmar, Laos, Thailand and Cambodia along the way. The surreal and misty landscapes that we casually drift past are home to innumerable small villages and rice paddies that yield 25 million metric tons of rice a year. The aquatic biodiversity rivals that of the Amazon and is the most concentrated per hectare of any river in the world.

We discover all of this as we journey. The ship—and all its glorious trappings—is one thing. The shore is something else.

Most river cruise itineraries include daily shore excursions. This is the time not only to stretch your legs but also to immerse yourself in the local culture. In Sa Déc, once the largest city on the Mekong Delta, we savour lotus tea and candied ginger at the home of Mr. Huynh Thuy Le, the inspiration for Marguerite Duras' 1984 novel, *The Lover*. At the nearby market, vendors sell fresh watermelons and bamboo shoots, live river prawns and mangrove crabs. We enjoy local ingredients both on land and back on the ship, where the menu reflects regional cuisine, such as duck breast with red

cabbage and tamarind. Fresh, fruit-centric desserts are irresistible: the mango sticky rice with coconut sorbet is a particular guest favourite. On another day, a visit to the 850-hectare Tra Su Bird Sanctuary presents a visual feast, with hill mynah birds and painted storks soaring above wetlands accessible by small boats via narrow canals.

Cambodia's capital city of Phnom Penh demands more than a day to take everything

in. Afternoon tea at Raffles Hotel Le Royal is a treat for the eyes and the taste buds. Built in 1929, the hotel showcases French colonial architecture accented by the works of local artisans. Tea at the Elephant Bar pairs scones and clotted cream with a cognac-and-champagne cocktail called the Femme Fatale, created for Jackie Kennedy when she visited in 1967.

This is the beauty of our river cruise—the ability to combine luxury indulgence with visits to significant sites and monuments. We wander the gilded century-old Throne Hall at the Cambodian Royal Palace, decorated outside with statues of Buddhist deities and inside with ornate thrones and golden busts. An exhilarating 300-step climb brings us to the seventh-century hilltop temple at Wat Hanchey and the sight of cheerful young monks, their orange robes contrasted against a striking blue pagoda. For many in our group, the adventure peaks at the

ruined temple of Ta Prohm, where giant tree roots cling to the walls and doorways of this 12th-century Buddhist site, to eerie effect. But then we visited Angkor Wat—at 162 hectares, the largest religious monument complex in the world and a UNESCO World Heritage site. It is just as awe-inspiring as you would expect.

This is a lot to take in over the course of a week. But the adrenaline surge that results from visiting these iconic sites becomes a daily addiction—you just want to see more and more. And being able to retreat to a luxury ship at the end of the day provides time to decompress, reflect and review...made all the more rewarding with a delicious cocktail and the company of people who started out as fellow guests and are now fast friends. **CAA**

“

A river cruise feels like the perfect way to travel, as our ship meanders the seemingly endless waterway.



Take me to the river. Book a river cruise adventure with CAA to discover its wonders for yourself. A CAA Travel Consultant can help you find a cruise that's just right for you. To get started, visit caask.ca/travel or call 1.800.564.6222.



Cut through brilliant green duckweed dotted with lotus flowers as you meander along the canals of the Tra Su Bird Sanctuary.

Here are some tips for booking your own Mekong river cruise



For maximum comfort, travel during the dry season—from November to April, when temperatures and humidity are lower.



Add extra days to tour around destinations like the Angkor Wat, adjacent to the city of Siem Reap, or Ho Chi Minh City.



Pack light moisture-wicking clothes, comfy shoes, insect repellent, sunscreen and a good camera and binoculars for wildlife-spotting.



Where nature is unspoiled, the wildlife unfettered, the winter and summer activities are *endless.*

Explore safely! Plan your getaway at: waskesiu.org



Community gardens provide a chance for local residents to flex their green thumbs as well as grow friendships and neighbourly camaraderie.

What Do Your Gardens Grow?

Community gardens provide access to healthy food along with a social support system. Find out what's growing in a garden near you.

By Waheeda Harris

In her children's novel *Anne of Ingleside*, Lucy Maud Montgomery wrote: "Nothing ever seems impossible in spring." And for community gardeners from coast to coast, the allure of getting one's hands dirty and planning the seasonal bounty of flowers, herbs, fruits and vegetables renders an experience that's even better when shared.

Coming together to witness small green shoots stretch skyward and thrive in the sunshine, community gardening is also a way for local residents to increase food security, share culture and traditions, and

pledge their commitment to sustainability and biodiversity.

CHEP Good Food is making a difference in Saskatoon with its commitment to healthy food options by increasing food security and accessibility and providing gardening and business know-how to Indigenous and non-Indigenous local youth. In 2014, this eco organization launched an urban agricultural internship program—the askiy project (the name translates in Cree as "earth")—with container gardens. From its start with 400 food-grade-plastic planters, askiy expanded into



Kids love getting their hands into the soil and helping in the garden.

“

Community gardening offers a way for residents to also increase food security, share culture and traditions, and pledge a commitment to sustainability and biodiversity.

a second garden last year, on the site of the former Riversdale Lawn Bowling Club.

A small team (two staff members and four to six interns) works alongside 165 volunteers in summertime, tending to the farm planted with multi varieties of herbs and vegetables, including the traditional Indigenous “three sisters” crops that grow well together—corn, climbing beans and squash. The corn plants provide support for the beans; the beans add nitrogen to the soil; and the squash offers shade and retains moisture in the ground. Besides a bean pole teepee, where children can play, the garden also features a medicine wheel containing sage, sweetgrass, tobacco and cedar. In 2022 the askiy agricultural initiative resulted in the sale of CSA (community supported agriculture) box subscriptions, available to local residents every two weeks.

More plans are in the works for the askiy garden venture, says Amelia Benoit, CHEP Good Food’s urban agriculture coordinator. Sunflowers, cosmos and amaranth will be grown, to be offered as cut-flower bouquets.

Here are three community-garden organizations in Saskatchewan that showcase how green spaces are vital to healthy cities and towns:

COLLEGE PARK COMMUNITY ACCESSIBLE GARDEN

This greenspace in east Saskatoon’s Gerhard Herzberg Park has 51 garden plots and 7 raised planter boxes, all accessible to the long-term-care residents of nearby Sherbrooke Community Centre. At two plots set aside for Cardinal Leger School

and Greystone Heights School, volunteers teach children how to grow, harvest and cook what they plant. Available to the public are a help-yourself vegetable garden and an orchard of apple and cherry trees.

GROW REGINA COMMUNITY GARDEN

There are plots, planter boxes and raised beds plus an orchard at this pesticide-free community garden in McLeod Park, as well as bee flower beds and bamboo-tube mason bee houses to support the local bee population. Art events are also held here, thanks to a recent partnership with the MacKenzie Art Gallery, which exhibited the garden-related works of sculptor Victor Cicansky. Gardeners are urged to donate their surplus harvest to the Regina & District Food Bank, Albert Community School’s food program and other charity groups in the city.

UNIVERSITY OF SASKATCHEWAN COMMUNITY GARDENS

The campus has seven gardens, including the plot outside of the University Services Building, where staff share the experience of planting and harvesting fresh fruit, vegetables and herbs. On the rooftop is the College of Agriculture and Bioresources’ community garden (the university’s first closed-loop urban agriculture garden promoting sustainability), which allows students in the Department of Plant Sciences to design and grow food. The garden’s bounty is sold to the Marquis Culinary Centre, with its all-you-care-to-eat concept, accessible to everyone on campus. **CAA**



Harvest time is deeply satisfying after a season of hard work.

Get Growing

Contact your local community organization for information on existing gardens in your area. Some religious groups also have gardens and would welcome volunteers.

Many community gardens use Facebook rather than stand-alone websites. If you wish to volunteer, a quick search there may lead to fruitful results.

Download the *Northern Saskatchewan Vegetable Gardening Manual*, published by the Northern Healthy Communities Partnership’s Healthy Eating Team and the non-profit Orchid Horticulture.



Ready to get gardening?

CAA Members earn 2% back on their online purchases at Home Hardware, Rona, and Walmart. caask.ca/membership/rewards

Women's Work

This Saskatchewan-based organization fosters collaboration and mentorship to help women leaders shine.

By Vivian Vassos | Photograph by Danielle Tocker

WHEN WOMEN-OWNED businesses thrive, we all do. Businesses owned by women contribute \$23 billion to the provincial economy and have generated almost 200,000 jobs, according to Women Entrepreneurs Saskatchewan (WESK). This federally funded initiative was created 27 years ago to support women entrepreneurs—and there's still lots of work ahead.

Today, 20.9 per cent of businesses in Saskatchewan are women-owned, but that's still below the national average of 26.5 per cent. "We need a deeper level of change," says Miriam Johnson, WESK's chief executive officer.

As the government started noticing more women in business, says Johnson, it realized they needed support—and they still do. "There's a reason there's not a Male Entrepreneurs of Saskatchewan."

WESK was launched to provide business advice to members for a nominal fee. It grew into a forum where women strategize on all aspects of business—sharing ideas, collaborating on business plans and finding the capital to get started. Women, Johnson notes, tend to risk their own capital before they ask for financial help. WESK can assume that risk, with loans of up to \$150,000.

Johnson, who has a background in health care and government, understands the entrepreneurial spirit. While on maternity leave, she started a marketing agency. Then came a gig with the Saskatchewan Roughriders, when, as the marketing director, she launched the CFL team's community-focused foundation. Making the move to WESK in 2022 was an easy choice. "[For me] as a woman leader,



Women Entrepreneurs Saskatchewan: (from left) Kristen Murphy, Heather Blouin, Miriam Johnson and Jaimie Polsom.

helping women is the inspiration," she says. "When you can make a difference in a woman's life, it makes a big difference for everyone."

Given Saskatchewan's diverse Prairie and Indigenous communities, Johnson says WESK strives for EDI—Equality, Diversity and Inclusion. They created the Matchstick not-for-profit program to encourage First Nations, Métis and Inuit women entrepreneurs. According to Johnson, 30 per cent of applicants are from rural areas. And WESK also promotes something women do best: share. "They network as colleagues, especially if it's sector-specific. They learn from each other," she notes.

Women helping women. "Everyone works together," Johnson says. "That's the Saskatchewan way."

To learn more, visit wesk.ca. [CAA](https://caa.ca)

“When you can make a difference in a woman's life, it makes a big difference for everyone.”



Is there an organization in your community that people need to know about? We'd love to hear about it!

Get in touch at caa.magazine@caask.ca.

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Charged Up and Ready to Roll

The majority of Canadians are planning to make their next vehicle an EV. What about you?

By Matt Bubbers

ELECTRIC VEHICLES are hot right now. Sales are booming and public opinion in Canada has shifted in their favour.

Making the switch from gasoline- to battery-powered cars, however, is a giant leap for drivers, many of whom have big questions about how an electric vehicle might fit into their lives. We'll get to a few of those key questions, but first it's worth taking a closer look at how this transition is going.

Electric vehicles (EVs)—also known as battery electric vehicles, or BEVs—are a

small but rapidly growing slice of Canada's automobile market. EVs account for 7 per cent of all new vehicles sold in this country, up from just 1.9 per cent in early 2019, according to the latest figures from market research firm S&P Global.

More important than sales—which experts say have been limited by supply constraints—is the fact that a growing number of Canadians want an EV. They've gone mainstream.

“At a high level—and this has been pretty consistent for a few years now—roughly six



At the end of March, CAA will release a historic study, the largest-ever survey analyzing the overall experience of the current Canadian EV owner. The study surveyed more than 16,000 drivers in Canada and looked at all aspects of ownership—from driving experience to charging woes and more. Learn more at caask.ca/EVs



The Chevrolet Bolt (above) and the Ford Lightning (opposite page) offer EV style, utility and affordability.

in ten Canadians are inclined to buy an EV over a gas car when they purchase their next vehicle, with roughly three in ten being certain of that decision,” says Trevor Melanson, a spokesperson for Clean Energy Canada, a think tank at Simon Fraser University.

CHANGING MINDS

There are a multitude of reasons why public opinion is shifting, but the simple fact is that EVs improved so fast and so much that nobody can ignore them anymore. They’re among the best, most exciting machines on the road these days. Not only that, but EVs now also come in more shapes and sizes, with more range and at more price points.

Ford’s electric F-150 Lightning pickup, with its front trunk and ability to provide power in an electrical outage, is rolling off production lines now, although not fast enough to meet booming demand. Almost every major automaker has, or will soon have, an electric SUV in Canadian showrooms. Even Rolls-Royce is gearing up to deliver its first EV later this year. Younger companies, like Tesla, Lucid, Rivian, Polestar, Fisker and Canoo, offer compelling

alternatives to older brands as well, giving buyers yet more choice.

Check out CAA’s online EV Buyer’s Guide (caask.ca/Evs) for a comprehensive list of current and upcoming models available in Canada.

Another factor driving interest in EVs is the price of gas. “Often, the higher the gas prices, the higher the interest in EVs,” notes Baris Akyurek, director of analytics at autoTrader.ca. In the wake of the Russian invasion of Ukraine, for example, when gas prices skyrocketed to over \$2 a liter in 2022, Akyurek said their website saw an 89-percent increase in searches for EVs.

ARE EVS REALLY COST-EFFECTIVE?

With regular gas still well over \$1 a litre, the short answer is yes—for many (but not all) drivers, an EV will be cheaper in the long run, despite typically having a higher purchase price than an equivalent gas-powered car.

Fuel savings will quite obviously vary depending on personal use. Some EV users estimate saving up to \$550 a month versus a gas-powered pickup truck—their new EV quickly offsets its higher purchase price in

fuel savings. But someone driving a compact car just once or twice a week probably wouldn’t break even on buying a new EV. Every driver’s calculation is different.

CAA’s online Driving Costs Calculator (carcosts.caa.ca) can help you figure out whether an EV will ultimately be cheaper for you, taking into account variables such as annual mileage, depreciation, vehicle cost and the cost of gas and electricity.

EV owners save money on maintenance, too. Because electric cars have fewer moving parts, there’s less to fix. All there is to do is brake and tire maintenance and, occasionally, change the cabin air filter. Survey data from hundreds of thousands of drivers, published in 2020 by the Consumer Reports organization, found that EV drivers spend 50 percent less on maintenance and repairs.

RANGING FARTHER

New EVs, like the Hyundai Kona and Chevrolet Bolt, cost under \$40,000 (including the \$5,000 federal EV incentive) and offer 400 kilometres or more of driving range. Each model year brings new vehicles with more range. Nevertheless, in a 2022

3 HOT UPCOMING EVS



HYUNDAI IONIQ 6

Available spring 2023. Price, range TBD. Features: “streamliner” design and rear- or all-wheel drive.



CHEVROLET SILVERADO EV RST FIRST EDITION

Available 2024. Price: \$119,948. Range: up to 640 km. Features: up to 754 horsepower and four-wheel steering.



VOLKSWAGEN ID. BUZZ

Available 2024. Price, range TBD. Features: 5, 6 or 7 seat options and panoramic views.



At a high level—and this has been pretty consistent for a few years now—roughly six in ten Canadians are inclined to buy an EV over a gas car when they purchase their next vehicle.

survey by AutoTrader.ca, limited driving range was still the top reason shoppers didn’t consider buying an EV.

As many EV owners will tell you, range anxiety is real, but it fades quickly. That initial nervousness generally disappears after a few weeks. The ability to charge at home every night means you start every morning with a full “tank” of electricity.

If, however, like millions of Canadians you don’t have space to plug in a vehicle overnight, recharging can be a hassle. And if you live in a rural area or frequently travel to one, you’ll find charging infrastructure is often lacking. But this should begin to improve.

A study conducted for Natural Resources Canada in 2022 recommended a “signifi-

cant acceleration” in the rollout of charging infrastructure and highlights “the benefits of taking aggressive actions to improve home-charging access.” This would surely help ease any lingering range anxiety and it will be crucial in order for Canada to meet its EV sales targets.

OUTLOOK FOR 2035

The federal government has mandated that, by 2035, all new light-duty vehicles sold should be zero-emission vehicles (ZEVs), a category that includes pure EVs as well as plug-in hybrids and hydrogen fuel-cell vehicles. ZEVs made up 8.4 percent of the market as of September 2022, so we’ve got a long way to go.

“Our outlook for ZEV sales in Canada is one of growth obviously—though likely not as fast as the federal government would like,” says Andrew King, a managing partner at Canadian market research firm DesRosiers Automotive Consultants. “ZEV supply is poor, currently, for many models and will be slow to improve.”

In other words, shoppers should still expect lengthy wait times for popular EVs. “There is strong global demand for ZEVs and not enough [production] capacity available yet,” King adds.

Imagine that. We’ve gone from having not enough demand for EVs to having so much that there aren’t enough factories to churn them out fast enough. **CAA**



Questions about EVs? Visit caask.ca/Evs and our EV Buyer’s Guide to learn more.

Have a snack and a swim in Prince Albert

After taking in the historical significance of the Battle of Duck Lake monument and the nearby interpretive centre, a drive past Chante Lake (and maybe a quick dip, too) brings you to the city of Prince Albert. More history awaits here, as well as the chance to refresh with some snacks, or something more substantial. A picnic at Little Red River Park is always a good idea—leashed dogs are welcome, too.

Illustration by Sunny Eckerle



1. Duck Lake Regional Interpretive Center—A great start to the day. Set your bearings at this interpretive centre with a panoramic view from its 24-metres tower. **2. Battle Of Duck Lake Monument**—A lakeside walk leads to a monument commemorating the site of the first battle of the North-West Rebellion, and an important Métis victory. **3. Chante Lake**—For enjoying serenity or a swim. Or both. **4. Shanigan's Bistro Coffee & Dessert Bar**—A casual spot for a refresh, serving breakfast and lunch and drinks, from lattes and bubble

tea to Italian sodas. **5. Diefenbaker House**—A municipal heritage site dedicated to John Diefenbaker, Canada's 13th Prime Minister.

6. On the Avenue Artisan's Gallery—Local arts and crafts for all your souvenir needs. **7. The Prince Albert Kiwanis Nature Trail**—Get your steps on this 4-kilometre dirt trail along the northern bank of the North Saskatchewan River. **8. Little Red River Park**—Within the city limits, this 1200-acre park is open year-round. It's a great place for a hike or wander through Jack Pine forests and boreal plains.

What's the Buzz?

Ringing, buzzing, clicking, swishing — whether you're an avid concert-goer, work in a loud environment or are experiencing age-related hearing loss, these symptoms may sound all too familiar. However you experience tinnitus, know that you're not alone. In fact, the Canadian Health Measures Survey (CHMS) found that 43 percent of Canadians ages 16 to 79 have experienced tinnitus at some point in their lives.*

Tinnitus is a common issue often described as ringing in the ears with no external sounds present. It can last for weeks, months or even years at a time and can affect people of all ages.

There are two types of tinnitus: subjective and objective. If the noises and sounds you hear can only be perceived by you, this would be considered subjective. Ninety-nine percent of tinnitus cases fall into this category. While the categories vary, the leading causes are often the same: noise-exposure, age-related hearing loss, earwax buildup, jaw joint dysfunction (TMJ), and neurological disorders, to name a few.

Don't let these facts scare you, though. Dealing with tinnitus can feel overwhelming, but innovative, modern and discreet hearing solutions are available to relieve the condition's symptoms. Here are two to consider.



CAA Members save up to \$2,000 on a pair of Select level hearing aids**, plus more exclusive benefits:

- 15 percent off everyday listening products
- Five years of free batteries with hearing aid purchases
- CAA Members always get our lowest price

Hearing Aids There is a strong correlation between hearing loss and tinnitus. Hearing aids can relieve tinnitus symptoms by improving your hearing, so you can better perceive external sounds and shift your attention away from the tinnitus. Depending on the severity of your tinnitus, your Hearing Care Professional will recommend a wireless hearing aid with a tinnitus masker feature to create a sound-enrichment environment that can distract you from the typical ringing or buzzing with pleasant sounds instead.

Habituation This is a process in which the brain gradually stops reacting negatively to tinnitus and interprets the buzzing or ringing as unimportant sounds. The combination of tinnitus management therapies and sound therapy are very effective to facilitate the habituation of tinnitus. The ultimate goal? To retrain your brain to no longer be bothered by the sounds associated with this condition.



What's next? Having your hearing tested is just as important as going to the dentist or optometrist. With locations across Canada and innovative hearing solutions available for every budget, Connect Hearing makes it easy to take your health into your own hands.

Book your hearing evaluation today. Visit connecthearing.ca/CAA or call 1.888.486.0177.



*www150.statcan.gc.ca/n1/pub/82-003-x/2019003/article/00001-eng.htm
** Visit connecthearing.ca/caa for complete terms and conditions.

“

Every CAA Dollar® equals \$1 CAD, which can be used for park and movie passes—or toward your next vacation and travel merchandise at any CAA Store.

[Read more on page 42.](#)





Busting Myths about Cannabis and Driving

It's time to weed out misconceptions about driving while high.

MYTH 1 Driving high is not as dangerous as drinking and driving.

Your risk of being involved in a motor vehicle crash can double if you're under the influence of cannabis. According to CAA-funded research conducted by McGill University, cannabis slows your reaction time and reduces your ability to stay in a lane or avoid obstacles. It also affects your ability to make accurate decisions. Case in point: That little voice in your head that says you're a better driver after one joint? You're not.

MYTH 2 Cannabis is legal, so driving while high is just a slap on the wrist, right?

Wrong. Impaired driving is a serious criminal offence because it threatens your safety and the safety of anyone else on the road. Your first offence comes with hefty fines, a suspended license, an impounded vehicle and possible jail time. And penalties get much steeper with subsequent infractions.

MYTH 3 I'm fine if I wait an hour or two before driving.

The McGill research found that young drivers were at risk of a collision even five hours after ingesting cannabis. Your reaction to cannabis varies each time you consume it. Edibles take longer to kick in and studies suggest they can remain in your system for up to 12 hours. There's no clear-cut answer on how long to wait—take a cab, rideshare or opt for a designated driver.

Learn more about cannabis impaired driving at caask.ca/cannabisanddriving.



Is now the right time to buy a used vehicle?

"I'm thinking of buying a used car. With the way the market is, is now a good time to sell my car and trade up?"

Peter Kreis, VP of Operations at CAA Saskatchewan, answers:

IT IS A GREAT TIME to sell your used vehicle right now. Prices have never been better for a seller. The downside is, if you need a used vehicle, it has never been more expensive and inventory is sorely lacking. I see the market staying this way for another year at least. When the adjustment comes (and it will), the prices will normalize for both used and new vehicles. Personally, I would wait if you can.

If you are keeping that used vehicle, make sure you perform your regular maintenance and inspections. Take the time to listen to your vehicle for noises and rattles or anything else out of the ordinary. If your battery is three to five years old, have it load-tested and replace it if necessary. It will save you grief on cold winter days and it's the easiest repair you can make.

Have a question for our expert? Send it to caa.magazine@caask.ca

Freshen Up for Spring

CAA Rewards partners have everything you need to perk up your home

ARE YOU THINKING that it's time to refresh your household or garden? Or maybe your wardrobe? Perhaps its time for a little spring cleaning and a new coat of paint? Look to CAA for savings and rewards through our range of partners. As a CAA Member, you'll save on your purchase or earn CAA Dollars—and sometimes both. Happy spring!

With the CAA Mobile App™, you can stay up-to-date on the latest CAA Rewards and partners on the go.



Bouclair

Add some flair to your home this spring—pick up a dash of colour and style from this Montreal-based company, with its tasteful selection of modern furniture, stylish accents, window treatments, wall art, bedding and more. *Members save 5% online and in-store*

Dulux

Time for a fresh coat of paint? Dulux has everything you need—including expert advice and tips on the latest colour trends and equipment. *Save 25% on regular-priced Dulux paints and earn 3% in CAA Dollars. Members also save 10% on accessories*

Sephora

Brighten your senses with more than 300 brands of beauty products including make-up, skincare, body, fragrance, nail color, and haircare. *Online purchases earn 5% in CAA Dollars*

Rona

If there's a renovation project—big or small—on your to-do list, you'll find everything you need at Rona, including hardware, tools and gardening accessories. *Online purchases earn 2% in CAA Dollars*

Simons

Refresh your home and your closet with stylish items from Simons, a Canadian fashion retailer founded in 1840 specializing in clothing, accessories, and home decor. *Online purchases earn 4% in CAA Dollars*

Stokes

From table- and kitchenware to unique décor items that'll perk up any room, Stokes features irresistible items that also make great gifts. *Save 5% on the total purchase amount on online purchases*

Use your CAA Membership card to save with CAA Rewards partners. At participating retailers, you'll earn CAA Dollars, too. Visit portal.caarewards.ca/caask to see all our partner offers, details and restrictions on how to shop and order online.

Trademarks and registered trademarks are property of their respective owners. Restrictions and conditions apply for each participating partner offer. Partners and/or offers are subject to change without notice. For full details, visit caask.ca/membership/rewards.

To earn and redeem CAA Dollars®, you must be a current CAA Member in good standing. For more information on CAA Dollars®, please visit portal.caarewards.ca/caask/how-it-works.

Count Your CAA Dollars® and Savings

HERE'S AN EASY WAY TO SAVE: By purchasing from popular retailers—like Columbia Sportswear and iRobot—Members can earn CAA Reward® Dollars when you show your CAA Saskatchewan card.

Every Reward Dollar equals \$1 CAD, which can be used for park and movie passes, merchandise—or toward your next vacation and travel merchandise at any CAA Store. Reward Dollars can also be used to pay for or upgrade your CAA Travel Insurance premium. Or they can be automatically applied when you renew your membership.

With more than 124,000 participating retailer locations worldwide, Members will find offers virtually anywhere they go. And shopping online with some of your favourite brands can mean earning Reward Dollars right from home.

To use CAA Dollars on the go or to easily check your account balance, sign up for the CAA Mobile App or login to your account. Dollars never expire, so the more you use your membership card, the more those CAA Dollars will grow.

Learn more at caask.ca/membership/rewards.



At Your Service

CAA Saskatchewan offers a lot more than roadside assistance. Here are just some of the Member services we provide:

CAA CAR CARE CENTRE Owned and operated by CAA Saskatchewan, our CAA Car Care Centre location in Regina offers professional automotive maintenance and repair services—and Members save 10 percent on labour.

REGINA BATTERY DEPOT Owned and operated by CAA Saskatchewan, the Regina Battery Depot is a one-stop shop for all of your battery needs. If we don't carry it in-store, we'll find it for you. Members save 10 percent on all regular-priced merchandise.

CAA APPROVED AUTO REPAIR SERVICE (AARS) SHOPS You can count on reliable and quality mechanical auto repair services at nearly 70 AARS facilities throughout Saskatchewan. All work performed at an AARS facility is backed by a 12-month or 20,000-kilometre warranty.

CONNECT WITH AUTO EXPERTS Whether you need help changing a flat tire, testing and boosting a battery, unlocking your vehicle doors or calling a tow truck, our auto experts will help you stay on the road, 365 days of the year.

EV BUYER'S GUIDE Our user-friendly EV Buyer's Guide provides information about more than 90 electric vehicles on the market, including facts and advice on purchasing, charging and owning an EV in Canada.

GAS PRICE CALCULATOR Our interactive Gas Price Calculator displays average gas prices based on province and city, as well as two-day trends and weekly, monthly and annual averages.

DRIVING COST CALCULATOR Whether you buy new or used, there's more to the cost of your vehicle than purchase price. This calculator can help you understand the ongoing costs of owning a vehicle by brand and category (including gas, hybrid and electric models).



2023 SUMMER adventures



Haida Gwaii June 04 - June 15

Experience the remote islands located off the coast of British Columbia, Canada to experience its stunning natural beauty, rich culture, and history of the Haida First Nations people. This tour is an unforgettable experience for those interested in outdoor adventure, cultural exploration, and breathtaking scenery.



Newfoundland & Labrador June 26 – July 6 or July 28 – August 7 July 25 – August 5 (Women Xplorers departure)

The beauty of Newfoundland and Labrador on Canada's east coast is a definite must-see! Visit the national and provincial sites and parks. Explore the only authentic Norse settlement in North America, L'Anse aux Meadows National Historic site, and attend a Viking Dinner and Show.



Churchill Explorer July 23 – July 29

Known for its spectacular scenery, wondrous wildlife, seductive spirit; a one-of-a-kind northern town like no other. Known as the Polar Bear and Beluga Whale capital of the world, during the summer months you will see Belugas by the hundreds in the Churchill river estuary on a whale watching tour followed by a tour of Fort Prince of Wales.



Celtic Adventure- Ireland & Scotland August 20 – September 06

Uncover all that Ireland, Northern Ireland and Scotland have to offer on this Celtic adventure. From the rugged natural beauty of the Wild Atlantic Way to vibrant and historical cities, diverse charms and rich history await your discovery.



One is the only number

Though daunting at first, going solo can quickly become your preferred way to travel.

“DO WHATEVER YOU WANT THEN!”

With the words from my rapidly departing (former) travel companion, a whole world of independent travel opened up to me. True, a fight probably wasn't the best way to launch into solo mode, but without that push I may have never had the courage to strike out on my own. So really, I won that round.

Travelling on your own can be intimidating. But those who've taken the plunge will often continue to go it alone. “It's exhilarating because every single day is yours to go where you want and do what you want,” says solo travel pro and Senior Tour Director at WestWorld Tours, Koral Hrominchuk. “I find my senses are more heightened to experiences, perhaps because they have to be.”

Thinking it's time for your first solo? Here's some advice.

DO IT YOUR WAY

As a parent, your trips might revolve around kid-friendly activities. On your own? You're nobody's chaperone. Your partner has dietary restrictions... but by yourself? Eat whatever you want! Go solo

and nobody else's needs or preferences are your problem—and that can be a vacation in itself. It's time to put you first.

START SMALL

First time out? Keep it simple. Try a short trip, maybe to somewhere you've already been. Or try this: Take a few days apart from your travel companion—go where

you want, do what you want—before meeting up again.

THINK SAFETY

Set up regular check-ins with someone at home or at your hotel and share your itinerary. Giving the impression that someone is waiting for you makes you seem less vulnerable to bad actors. Register with the Canadian government (travel.gc.ca/travelling/registration). Don't be a conspicuous target for robbery—forget the flashy jewellery and be discreet with cash.

ALONE BUT NOT LONELY

A group tour can be a revelatory solution, balancing solo travel with social support. Travelling solo in a group often appeals to people who do not normally travel alone, but still want to get out there. In a group, a solo traveller has the option to participate in extra activities on their own or with someone in the group, which can be particularly great during mealtime.

GET EXPERT TIPS

Terry Kaszas, General Manager, CAA Saskatchewan Travel Services suggests speaking to one of their agents who specialize in solo travel. “We can find the best value for our Solo Travellers, and can make recommendations to help ease stress and anxiety.” For example, he suggests eating at the bar or counter, rather than a table, to encourage conversation with a local or a fellow traveller. “We also have Women Xplorers by WestWorld Tours. It's an innovative travel option designed by women for women.”

The number one tip for solo travel though, is just take the leap and go. You don't even have to fight to do it.

Roam Alone

THE FIRST TIME I FELL IN LOVE WITH SOLO TRAVEL

It started in a hotel restaurant in Brisbane 20 years ago. Having requested a table—for one, gasp!—I was escorted to a corner by the cleanup station. The host noisily piled up the extra place setting; a clattering diners nearby noticed. Heads turned. Eyes spied the empty chair opposite me.

Then I saw it. A seat at the bar. Under the watchful eye of the bartender, all the guests looked happy and attended to. I made my move.

Conversation flowed. A group of loners—but not alone in this moment—were trading cocktail picks, local tips, even where to snorkel the Great Barrier Reef.

As a woman who often travels solo, I now always prefer the bar, even if I'm dining and not drinking. There's a convivial spirit that also feels safe.

And Brisbane? I tried the cocktails, took the tips and, yes, snorkelled the Great Barrier Reef. —Vivian Vassos

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*CAA Travel Insurance is underwritten by Orion Travel Insurance Company, a CAA Company. Certain exclusions, limitations and restrictions apply. Subject to change without notice. A Medical Questionnaire is required if you are 60 years of age and older to purchase travel insurance. Quotes are valid for 30 days. ¹Applies to CAA Members in good standing with dues paid in full by membership expiry date. 10% savings applies to the total premium excluding applicable taxes. Minimum premium applies. Excludes Visitors to Canada Insurance.



Staking your claim

Reach out to our insurance advisors for answers to all your questions.

A THIEF BREAKS INTO YOUR APARTMENT while you're away. Your old washing machine gives out and floods your basement. You get in a car crash. None of these situations are pleasant—but your friends at CAA are always here to help you get through the stress.

Here's what to do when you need to file an insurance claim:

Contact your insurance broker to assist you in the claims process and to advise you on coverage. Take pictures of the damage. And keep in mind it's always a good idea to have photos to show the insurance company how your home and possessions looked prior to damage or loss. Capture images of higher-value items, such as art, jewellery, electronics and any collections. Keep receipts and manuals as proof of ownership.

Discuss the impact of the claim on your insurance premium with your insurance advisor. Some companies have a first claim forgiveness endorsement that will protect your premium from going up when you submit a first claim on your insurance policy. If you aren't sure of the process or coverage, ask questions.

Want to discuss Home, Health, Life or Auto Extension Insurance? Visit us online at caask.ca/insurance for more information on our products and how to connect with an agent.



PHOTOGRAPHY: (LEFT) ATIKH BANA/UNSPLASH, (RIGHT) BARAMEE2554/ISTOCK

Round Trip

Why navigating roundabouts is the way forward.

NO, YOU'RE NOT GETTING THE RUNAROUND. Canadian drivers are increasingly likely to encounter roundabouts—those circular intersections that can reduce accidents when used correctly. In fairness, they do need to be navigated properly (check out “Roundabout Fails” on YouTube).

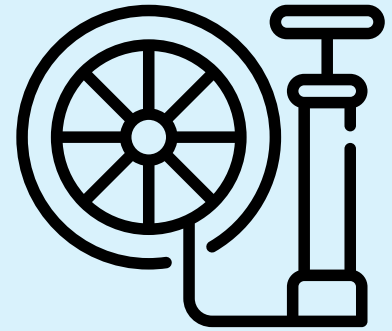
Roundabouts harken back to the U.K., in the mid-1950s, with the construction of the first “yield-at-entry” detours. Within 10 years, Australia and other Commonwealth countries followed suit.

In Canada, the first roundabout was built in 1998 in Montreal. There are now more than 400 nationwide. About a quarter of them are in Quebec, and most can be found in B.C., Ontario and Nova Scotia. But the roundabout capital is Calgary, which has 55, followed by Ottawa’s 51.

Why is the roundabout so popular? Simply put, these orbital roadway innovations make traffic move better—and, typically, more safely. Roundabouts provide an effective way of moving vehicles through an intersection; there are no left-turn delays, no running through red or amber lights and fewer traffic delays. They also demand driver attention, with a focus on the road. And since motorists do not typically have to stop (or stop for long, which means less eco-unfriendly idling), delays are minimal compared to signalized intersections and four-way stops.

Ultimately, roundabouts are designed to cause drivers to slow down and reduce the number of conflict points in an intersection. And where those points do occur, the traffic is intersecting at a shallow angle, rather than a right angle as at traditional intersections. All these features can help reduce the number of serious accidents where injuries or fatalities result.

So, here’s some advice. Yield, merge right and stay safe.



Get Roadside Assistance... for Your Bike

Putting off that first spring ride for fear of a roadside flat? Your CAA Membership includes Emergency Roadside Assistance for you and your bike, whether you need a pick-up or a fix-up.

Our 24/7 Bike Assist service can help with basic fixes or transport for more serious repairs. It’s all covered under your annual roadside assistance calls.

Our service operators are skilled in basic maintenance, such as inflating flat tires or resetting bike chains. But if your bike requires more extensive repairs, we’ll provide a ride home or to a bike repair shop.

Visit caask.ca/automotive/roadside-assistance/caa-bike-assist to learn more.

Sharing Peace of Mind

You know the sense of security that comes with knowing CAA is there for you 24/7. But do you know how easy it is to give that peace of mind to other drivers in your household? As long as they are living in your home, you can add family as Associate Members and they can access many of the benefits of having their own Membership.

BUNDLE AND SAVE!



CAA HOME & AUTO EXTENSION INSURANCE



**10%
COMBO
SAVINGS***

CAA Home Insurance¹

- Exclusive CAA Member discounts.
- No maximum on discounts.
- Receive complimentary Legal Expense Insurance - rest easy knowing that you're only a phone call away from a lawyer⁴
- Home equipment breakdown⁶
- CAA Water coverage⁷
- Service Line coverage⁶

CAA Auto Extension Insurance²

- Exclusive CAA Member discounts.
- Tire pothole and puncture protection.
- First Claim Forgiveness⁵ - for qualifying CAA Members.
- Multi-vehicle discounts.
- No deductibles for collision with animal or fowl.
- No deductibles for comprehensive with total loss by fire or theft of the entire vehicle.

[CAASK.CA/INSURANCE](https://caask.ca/insurance) | VISIT A CAA STORE | 1.800.564.6222



**INSURANCE
TRAVEL
AUTOMOTIVE
REWARDS**

¹Property Insurance is underwritten by CAA Insurance Company. ²CAA Auto Extension Insurance is underwritten by CAA Insurance Company. ⁴CAA Legal Coverage is underwritten by CAA Insurance Company. Please see policy wordings for coverage details. Coverage is subject to terms, conditions and exclusions for the LEI policy. ⁵First-Claim Forgiveness does not apply to road hazard glass claims. Some conditions apply. Talk to a CAA Insurance Consultant for full details. ⁶Underwritten by CAA Insurance Company, Claims administered by Mutual Boiler Re. ⁷CAA Water Coverage is underwritten by CAA Insurance Company. Certain conditions, limitations and underwriting guidelines apply. *10% combo savings is the property line multi discount.



Smooth Moves

Watch out for scammers who would make you a moving target.

WHETHER IT'S ACROSS THE COUNTRY, across town or just across the street, moving is stressful. But one thing it shouldn't be? A scam.

According to Nancy Irvine, president of the Canadian Association of Movers, one of the most prevalent scams starts online. A sophisticated algorithm pushes out several lowball quotes from “different” moving companies, but they're actually all from the same scammer. Seeing what appears to be a variety of places with similar rates not only gives you a sense of security (“all these places can't be a rip-off!”), but also increases the odds you will pick them. Once the truck is loaded, the driver pressures you into paying a highly inflated rate, then drives off holding your belongings hostage until you pay.

How can you protect yourself?

- Get three quotes—in writing—from different sources.
- Ensure that your mover is legit. Google the address to make sure it exists.
- Contact the Canadian Association of Movers to check the reputation of your mover.

Jay's Transportation Group offers CAA Members a price-match guarantee plus a chance to earn CAA Dollars on local and long-distance moves. portal.caarewards.ca/caask/

Jasper the Great

Wishes do come true with Make-A-Wish Canada.



Last year, CAA Saskatchewan was honoured to help a young boy's dream of becoming a TV sports broadcaster come true.

Jasper Campbell is no ordinary boy; he's a survivor. Diagnosed with brain cancer just shy of his second birthday, this persevering 9-year-old relapsed twice and fought three

long cancer battles that left him with speech, balance and coordination issues. Through all of these hurdles, Jasper harboured his dream to appear on TSN as a sportscaster.

For his on-air debut, Jasper co-hosted a TSN SportsCentre segment alongside anchor Jay Onrait. Jasper's passion for broadcasting shone through as he interviewed sportscaster James Duthie and sports analyst Jamie McLennan. Dressed to the nines in a suit and bow tie, the avid sports fan rose to the occasion as an absolute natural.

Jasper's wish was made possible, thanks to Make-A-Wish Canada, TSN SportsCentre and a sponsorship from CAA Saskatchewan, which is proud to support community organizations that help families.

We Have What You Need

Visit a CAA Store for travel essentials and a whole lot more.

When was the last time you visited CAA Saskatchewan? There might be more in store than you know. CAA is part of your community, with stores in Estevan, Regina, Weyburn, Prince Albert, North Battleford, Moose Jaw, Swift Current, Yorkton and Saskatoon.

You'll find professional, experienced staff who want to help with those things that help keep you and your family safer and make life even better—such as the following:

- home, auto and travel insurance
- travel planning advice and bookings
- details on Membership plans, discounts and benefits
- auto and travel accessories
- vehicle maintenance at the CAA Car Care Centre at the Regina Battery Depot.

CAA Saskatchewan is proud of the awards and recognition we've received for our excellent customer service. We promise to continue offering exceptional products and service you can count on. Come in for a visit at your local CAA Store and meet our helpful staff.

The same great service and an extensive selection of merchandise are also available online at caask.ca and caask.ca/shop.

See the World with Women Xplorers

TAKE THAT TRIP you've always dreamed of—with Women Xplorers. This travel option from WestWorld Tours features a collection of soft-adventure trips for women. Book with friends or go on your own for an “alone yet together” experience. If you are travelling solo, you can opt to share with another member of the group to save on costs.

Senior tour director Koral Hromin-chuk has travelled extensively herself and knows the freedom and flexibility of going solo. She does acknowledge that some travellers may feel hesitant to go on a trip alone due to safety concerns or the worry of facing challenges without someone around to back them up. A group tour can be the ideal travel option.

A Women Xplorers trip means travelling with an expert who knows the area, is trained in first aid and takes care of the details. You'll have the freedom to explore without the concern of being alone and far from home, as you know that if something does go wrong, you'll have someone to lean on.

Visit westworldtours.com to learn more about Women Xplorers.



Safe at School

Celebrating volunteer dedication to safety.

CAA School Safety Patrol—if you've ever seen elementary school students attired in bright neon vests, holding STOP paddles, and directing traffic with zestful authority then you are already familiar with these eager young safety volunteers. May is CAA School Safety Patrol Month, designated by the Honourable Dustin Duncan, Saskatchewan's Minister of Education, to recognize the dedicated 4,100+ safety patrollers in approximately 200 schools in our province.

A little bit of responsibility goes a long way, helping to build confidence and leadership skills at a young age. Since 1951, CAA Saskatchewan has coordinated and managed the CAA School Safety Patrollers program, nurturing young community ambassadors and helping children keep children safe.





SLOW DOWN MOVE OVER DAY

MAY 9, 2023



Making room for tow truck operators isn't just the law – it's a matter of life and death.

Motorists, please reduce your speed to 60 km/h for tow truck operators working on Saskatchewan highways. Move over as far as possible, preferably changing lanes.

SLOW DOWN MOVE OVER

Let's all do our part to make the roads safer for all first responders.

caask.ca/safety



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VICTORIA IN THE FALL

A spectacular west-coast setting of lush foliage and flowers frames picturesque Victoria, B.C. Look forward to panoramic views as well as quaint shops and delightful restaurants. This tour is a must for avid gardeners and nature lovers. Sept. 25-Oct. 7, 2023

MARITIMES ALL COACH

Explore seven provinces and five states on this tour through the Canadian Maritimes and the Appalachian Mountains. Highlights include Montreal, Quebec City, PEI, Charlottetown, Halifax, Ottawa, Niagara Falls and Niagara-on-the-Lake. Anticipate a memorable cultural and visual experience. Sept. 12-Oct. 06, 2023

BRANSON, NASHVILLE & PIGEON FORGE: AN OLD TIME CHRISTMAS FLY & COACH

This tour offers the glitter of country music legends enhanced by the spirit of Christmas and a whole lot of holiday festivities. You'll visit Dollywood, the Country Music Hall of Fame and Museum, RCA Studio B, the Grand Ole Opry and, of course, Graceland. Nov. 11-27 and Nov. 15-26, 2023

CHRISTMAS MARKETS OF BAVARIA & AUSTRIA

This feast for the senses spans grand cities and historic towns decked out in holiday splendour. Explore iconic Christmas markets in Rothenburg, Munich, Vienna and, one of the oldest and most famous, Nuremberg. Dec. 3-16, 2023

Visit westworldtours.com for more details on these wonderful travel opportunities.

Slow Down Move Over Day

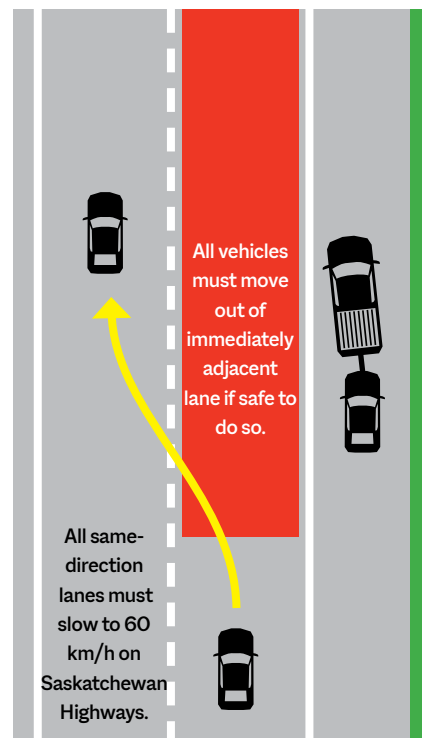
IN 2017, CAA tow truck operator Courtney Schaefer died after being struck by a semi-truck on the side of the highway near Esterhazy while preparing to tow a vehicle during a blizzard. Across North America, nearly 100 tow truck drivers are killed every year after being struck by oncoming vehicles while helping stranded motorists with flat tires, breakdowns and collisions.

And there are countless near misses—like the one that Dave Wiwchar, a fleet manager at CAA Regina, experienced while picking up a Member's Ford F-150 on Highway 1 between Regina and Grand Coulee.

"I had the Member get out of the truck and stand in the ditch while I picked up his vehicle," recalls Wiwchar. "After securing the passenger side, I went around to the driver's side to do the same. As I was doing this, a semi came very close. The wind drag from the semi blew me over onto the pavement. The Member came running around the truck as he thought I got struck."

CAA Saskatchewan has long advocated for the protection of roadside assistance workers through Slow Down Move Over legislation. Schaefer's death also helped push legislative change in Saskatchewan that allows for the use of blue and amber lights on tow trucks, as well as fines for motorists driving faster than 60 km/h when passing emergency vehicles on the highway.

CAA Clubs across Canada annually recognize the second Tuesday in May as Slow Down Move Over Day to bring attention to this important safety issue.



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We're sharing stories about Canadians making change that ripples from coast to coast to coast. For this inspiring, young eco-inventor, planet Earth is the study hall.

By Sean Deasy | Photograph by Brendan Burden

IF A HANDS-ON APPROACH is the best way to learn, then Naila Moloo has taken that adage into the stratosphere.

This Ottawa-based eco-innovator has a long string of inventions to her name, notably a flexible solar panel and a bioplastic made from an aquatic plant. Moloo works out of two different university labs in Ontario. And she co-hosts a podcast called *Curiosity* to encourage youth interest in STEM.

Oh, and Moloo is 16 years old. It was an assignment when she was in Grade 5 that led her to researching clean energy—intensely. She soon developed a passion for renewables. Then, just three years later, in 2019, her work at a nationwide science fair caught the attention of The Knowledge Society, an after-school program that puts select Canadian prodigies through a demanding 10-month grind to help them maximize their ability to create change. There, Moloo started developing her solar-cell project and researched fusion energy.

In addition to building solutions and advocating for the environment, Moloo is also becoming a powerful spokesperson for her generation. She has already made it to the Women's Executive Network's 2021 list of Canada's Top 100 Most Powerful Women and delivered a TEDx Talk at age 15.

Her message? "Start working on projects. Look for opportunities in your community, start talking to experts, and formulate your own ideas to bring forward."

Learn more at nailamoloo.com. CAA



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