

CAA

MAGAZINE

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FALL 2024

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Is this spot a hidden gem or a classic landmark, or is it right in your own backyard? Take a guess!



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Motorists, Let's All Slow Down Move Over

MAY 14, 2024, was CAA's Slow Down Move Over Day this year. Held on the second Tuesday of May, this annual event brings public attention and awareness to the safety issue of first responders working on Saskatchewan highways and roads. But really, every day should be "Slow Down Move Over Day" for all first responders—tow truck operators, construction crews, paramedics, police officers, firefighters and highway patrol units—who work on our highways because their professional help is essential. Often working during extreme weather conditions, they're available 365 days a year to help motorists and to maintain and repair roads for everyone's driving safety.

CAA Regina Fleet tow truck operators Kurt Elmer and Stephen Romans know all too well the dangers of their work on our highways. "On a daily basis, we're reminded of the dangers of our profession as first responders working to help motorists in need on Saskatchewan roads," said Elmer. "Motorists must respect tow truck operators, who are working to help keep them safe. At the end of our shifts, we just want to return home to our loved ones. "Pay attention at all times when you're driving," said Stephen Romans. "There have been too many close calls. We are out there on the side of the road helping stranded motorists. It's a matter of life and death. Slow down and move over!"

This past May, we met with the Honourable Lori Carr, Minister of Highways, regarding safety for highway workers and acknowledged their public awareness campaign—"Steer them to Safety"—reminding all motorists to slow

down to 60 kilometres/hour in work zones. The campaign also encourages seasoned drivers to instill that important safety habit in younger drivers.

"Please be alert and slow down to ensure that everyone working to improve our highways gets home safely each and every day," said Minister Carr.

HOW TO PRACTISE "SLOW DOWN MOVE OVER"

CAA says that implementing the "Slow Down Move Over" principle is relatively straightforward, yet its impact can be immense. Here are some key steps to follow:

1. Reduce Speed

As you approach a stopped first-responder vehicle, decrease your speed to 60 km/h on Saskatchewan highways. Slowing down allows you to react effectively to any unexpected situations that may arise.

2. Change Lanes

When passing a stopped vehicle, move to the lane farthest away from it if it is safe to do so. This provides a safety buffer and minimizes the risk of collisions. Remember, it's not just a legal obligation; it's an act of safety, kindness and consideration.

3. Be Alert and Aware

Always stay vigilant and scan the road ahead for any signs of first-responder vehicles. Watch for flashing lights, reflective vests and other indicators that signal the presence of first responders helping motorists and of construction crews working on the roadside.

4. Educate Others

Spread awareness about the "Slow Down Move Over" principle among your friends, family and colleagues. Encourage them to join the cause and be part of the collective effort to enhance road safety.

Learn more at caask.ca/slowdown-moveover and check out our blog, [Slow Down Move Over: Ensuring Road Safety for Everyone](#).

Stay safe and take care.

Richard G. Ahenakew
Chair, CAA Saskatchewan
Board of Directors



From left: Richard Ahenakew, Chair, CAA Saskatchewan Board of Directors; the Honourable Lori Carr, Saskatchewan's Minister of Highways; and Fred Titanich, President & CEO, CAA Saskatchewan.

ADVERTORIAL

Tales That Travel

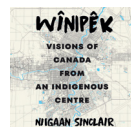
Experience the contrast of a dark, murderous tale set in British Columbia's bright Sunshine Coast. Fall in love with Prince Edward Island as you listen to a romance set on its shores. Immersing yourself in a local audiobook while you travel adds adventure to the journey and brings the narrative to life. From coast to coast, we have a story to share no matter where the road takes you.



1 | British Columbia (B.C.)
The Suspect, L.R. Wright
British Columbia's Sunshine Coast isn't always so sunny for Staff Sergeant Karl Alberg, as the world-class detective finds himself solving the murders that continue to wash up on the shore. Soon to be a major television series.



2 | Alberta
The Road Years, Rick Mercer
Rick Mercer recounts his travels coast to coast with the *Rick Mercer Report*, finding all the best Canada has to offer. He meets new friends along the way, including his now longtime pal, Jann Arden, who shows him around her native Calgary.



3 | Manitoba
Winipék, Niigaan Sinclair
From one of our nation's most influential thinkers on the issues impacting Indigenous cultures and communities: the story of Winnipeg as it illuminates the reality of Indigenous life all over what is called Canada.



4 | Ontario
The Marrow Thieves, Cherie Dimaline
In this dystopian young adult novel, the Indigenous people of North America are facing a new threat to their survival. A Canada Reads finalist, by Cherie Dimaline, a member of the Georgian Bay Métis Community.



6 | Prince Edward Island (P.E.I.)
This Summer Will Be Different, Carley Fortune
Freshly shucked oysters swimming in their own Atlantic brine, slow walks on red sand beaches and steamy seaside love. A glorious and tantalizing escape set on P.E.I. by the #1 *New York Times* bestselling author Carley Fortune.



5 | Ontario
Moon Road, Sarah Leipziger
Leipziger beautifully observes a portrait of marriage, divorce and reconciliation in a story that finds an estranged couple embarking on a road trip from small-town Ontario to B.C. to finally lay to rest the mystery that pulled them apart.



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PHOTOGRAPHS: (FROM LEFT) AMY HUMPHRIES/UNSPASH; WILLOWPIX/ISTOCK

Member Stories



GOING THE EXTRA MILE
CAA Member Services Representative Mushfiqa Mayeasha helped me transfer my Manitoba licence and registration to Saskatchewan. For over two hours, she expertly assisted me with the licensing and insurance process. Her work was precise, she had attention to detail, and she even contacted me prior to the appointment to start the paperwork. What a great experience!
—Dan S.

TERRIFIC TRAVEL CONSULTANTS
Sending a huge, heartfelt thank you to CAA Travel Consultant Jennifer Gartner for all her help organizing our trip to Disney World. Everything was planned to perfection and we had the most magical time. We appreciate your attention to detail and all your work to make this a holiday to remember. Thank you!
—The Kowalchuks and Bakers

Thank you to CAA Travel Consultant Sydney Zaharychuk for your help with our flight home from Puerto Vallarta. We got our compensation from Sunwing, which we would never have received without your help! You were awesome and helped end our holiday on a positive note.
—Allan and Jo-Anne S.

We want to send top marks to CAA Travel Consultant Donna Watts! We recently purchased flights and tours with Donna and she provided great customer service. She was prompt, knowledgeable and made great recommendations, making booking so much easier. To top it off, we received a handwritten note in the mail wishing us well on our trip—almost nobody does that anymore! Donna has our business moving forward.
—Lloyd & Roanna S.

TALK ABOUT TIMING
Kudos to Troy Buchanan, the CAA tow truck operator who came to my rescue in a parking lot in Regina. He was on-site within 15 minutes of my call and even guided me through a phone call with a Hyundai roadside assistance representative who had asked me to wait in my car for three hours in -25 C weather. Because of that tow truck operator, I am very impressed with the level of service I received from CAA.
—Judith S.



Have a story or comment you'd like to share? Email us at caa.magazine@caask.ca and you could be featured in an upcoming issue. Letters may be edited for length and clarity.

CLARIFICATION
In the article "Wild at Heart" (page 32, Summer 2024 issue), we mistakenly referred to Scottie Potter as "he" instead of "she." We sincerely regret the error and invite you to visit caask.ca/magazine for the updated article. —CAA Magazine

WHAT'S YOUR MAIN MOTIVATION FOR SHOWING UP TO WORK?

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RADAR



Dive in: Marvellous close encounters with diverse marine life await intrepid scuba divers.

Into the Wild Blue

Three dive destinations worthy of taking a plunge | *By Isabella Jusková*

IT CAN BE TOUGH choosing a dive destination, given the natural bounty of our vast blue planet. One popular dive site is right here in Saskatchewan—at the outflow of the turbines near the Gardiner Dam at Lake Diefenbaker's Coteau Creek Power Station. “Divers start in calm waters and swim towards the faster currents, using rocks to pull themselves into the swiftest flow before letting go for a thrilling ride,” says Dean Smith, a seasoned diver and former vice-president of WestWorld Tours. “It’s akin to a roller coaster and quite different from drift diving. This is why you should be eager to explore all kinds of sites around the world.”

Meanwhile, elsewhere, here are three great dive spots teeming with fascinating marine biodiversity and glorious tropical settings.

MALAPASCUA ISLAND, PHILIPPINES

A one-hour boat ride north of Cebu, in central Philippines, will take you to Malapascua. This tiny island is known for much more than its pristine white-sand beach. Endemic to its waters—and a draw for divers from all over the world—is the thresher shark, whose distinctive feature

is a ribbon tail usually as long as its body. To view these graceful creatures, you’ll need an Advanced Open Water diver certification, as they’re typically spotted at a depth of 20 to 30 metres (65 to 98 feet). Tours with the local dive centres head out before sunrise, since early morning is when they’re reportedly more active. And it’s almost guaranteed that thresher sharks can be seen year-round in Malapascua.

COIBA NATIONAL PARK, PANAMA

Just off the coast of Panama’s Pacific side is Coiba National Park, whose remote location and protected status help preserve its pristine ecosystems, offering divers a glimpse of unspoiled natural beauty. Every turn here fills you with wonder—the distinctive rock formations and the sudden encounters with schools of twirling mobula rays with their winglike fins. This Panamanian gem of a dive site is renowned for sheltering widely diverse marine creatures—including sharks, dolphins and whales—and as a migratory stop for many of them. Travel during humpback whale season (July to October) and you’ll likely see—from your boat, between dives—these magnificent

mammals. And, if you’re really lucky, you may even get to hear a mother and her calf exchanging songs underwater.

BORA BORA, FRENCH POLYNESIA

Located amid a cluster of islands known for their healthy marine biodiversity, Bora Bora offers memorable marine-life encounters even in its shallow lagoons. Dive into the calm turquoise waters to view vibrant coral reefs and resident aquatic species. Glide alongside graceful manta rays at a depth of around 15 metres (49 feet), with visibility as clear as day, thanks to a *motu* (reef islet) fringing the main island, which keeps the water calm and serene. It feels effortless to stumble upon the friendly blacktip sharks and stingrays, which captivate observers with their sleek and specialized scales, known as dermal teeth and denticles.



Contact your local CAA Insurance Broker for coverage on adventurous travel experiences such as diving, parasailing, rock climbing and ziplining. Visit [caask.ca/insurance](https://www.caask.ca/insurance) to learn more.

THE LOCALER

Rob Reinhardt

ROB REINHARDT DIDN'T TRAIN to be a chef, so how did he become the founder of Canada's largest barbecue school and the winner of 27 barbecue championships? He took the long road—all the way to Texas and back.

Reinhardt, a CAA Member, discovered his passion for classic barbecue flavours while travelling in the American South. Once home in Pilot Butte, just east of Regina, he bought his first smoker and began experimenting. "By 2008 we were cooking for a crowd," he says. Reinhardt and his wife, Jacy, catered so many birthday parties and weddings that they eventually purchased a kitchen trailer and turned their hobby into a business, Prairie Smoke & Spice BBQ. They began competing in barbecue competitions and quickly blazed a trail as three-time Canadian National BBQ Champion and two-time World Champion (Chef's Choice).

Now, Prairie Smoke & Spice BBQ runs a fleet of commercial smokers and can serve up to 5,000 people a day at festivals and catering gigs and, yes, they still do weddings. In fact, weddings are Reinhardt's favourite type of event because "the food, in my opinion, is in the top three most important things," he says. "Slicing brisket...I feel like the most important person in the room. Obviously, I'm not, especially when the bride is walking to the table."

Reinhardt also loves sharing his passion for low-and-slow, southern-style cooking at his barbecue school (bbqclass.ca) and has appeared on Saskatchewan's *Flat Out Food* series and *Fire Masters* on Food Network. "The fact that I can show people how to cook this stuff and they can use that knowledge to cook for their friends and family, kind of brings people into our loop for life."

— Renée Reardin



Prairie pit master: Rob Reinhardt made it his mission to bring the taste and techniques of authentic southern barbecue to the north.



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.



THE ONE

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Dock mates: More than 250 cruise ships ply the waters to accommodate the cruising sector's total of 480,000+ passengers per day.

Ships Ahoy!

New to cruising? Here's how to pick the one that's right for you. | *By Diane McDougall-Tierney*

HAVEN'T BEEN ON A CRUISE YET?

Maybe now's the time to try this popular leisurely mode of travel, which offers multiple destinations plus wonderful dining and entertainment options onboard. After all, 85 percent of those who have gone on a cruise typically book another one, according to the 2023 industry report from Cruise Lines International Association.

To see if cruising is for you, how about a "test drive"—say, a weekend cruise from Miami to Nassau? Meanwhile, here are some pointers to help you make your choice.

SHIP SIZE MATTERS

Large amusement-park-style ships, which carry up to 7,000 passengers, are loaded with adrenaline-packed amenities that include diving pools, surfing, skydiving, go-karting, ziplining, skating rinks, roller coasters and water parks, plus virtual reality (VR) rides.

These mega-ships are, in fact, floating resorts catering to couples and families who like lots of activities geared to all ages. Dining venues range from 10 to 20, with excellent diverse menus to please everyone on the ship. Entertainment too has broad appeal, featuring stand-up comedians and acrobats. The ambience is lively and social, but there are plentiful

noise-free spaces for those seeking peace and quiet.

Itineraries usually include oft-visited destinations, but because there's so much to do onboard, some passengers may not particularly care where the ship sails.

In the mega-ship category, consider Royal Caribbean, Carnival, Norwegian Cruise Line or MSC Cruises.

Medium classic ships typically accommodate around 4,000 passengers and are intent on providing a relaxing experience. Onboard are traditional swimming pools, lounges, fine dining and Broadway-style shows. Itineraries include both popular destinations and some eclectic ports-of-call.

Consider Holland America, Princess or Celebrity for this type of cruise experience.

Small luxury ships usually carry fewer than 1,000 travellers and tend to showcase premium service, exceptional accommodations. These luxury cruises attract well-heeled, well-travelled passengers who enjoy mingling and sharing travel experiences. Onboard offerings include small-scale excellent Broadway-style shows and lectures on interesting topics, given by world-renowned experts. Destinations are unique, as these small

ships visit ports that the big ships cannot access. Voyages lean toward themes that range from the cultural to adventurous, plus specialized shore excursions.

For this category of cruising, consider Regent, Silversea, Crystal or Seabourn.

MORE CRUISE NOTES

On large and medium-sized ships, add-on packages—say, for alcohol, specialty restaurants and Wi-Fi—are available separately or bundled for savings. Be sure to do the math to make sure those add-ons suit your preferences. There are also packages for VR entertainment, some of which are fee-based. Small ships, especially luxury lines, are generally all-inclusive, so you can practically leave your wallet at home.

Prefer travelling by yourself? Solo cabins are likely available in all three ship categories. But keep an open mind. You just might end up with new friends—and gain cruise buddies for life.

Diane McDougall-Tierney @cruise guru has been on 90 cruises to 54 countries.



Your CAA Travel Consultant will help you choose your cruise. Visit caask.ca/travel to learn more.



PLAYLIST

What Songs Do You Road-Trip to, Colin James?

It's hard to imagine a Canadian music scene without Regina-born blues-rock singer, songwriter and ace guitarist Colin James, whose dazzling performances have ignited national stages for decades. "I love listening to audiobooks on some rides," James, also an avid cyclist, confirms. "Other times it's just music, and once in a while, straight silence can be good to think about song ideas." *Chasing the Sun*, James' just-released latest album, is out now.

Under Our Pillows
The Smile

⋮ ⏪ ⏸ ⏩ ⋯

- Thin Thing**
The Smile ⋮
- We Don't Know What Tomorrow Brings**
The Smile ⋮
- Dust**
Lucinda Williams ⋮
- Heart Is a Drum**
Beck ⋮
- Bodysnatchers**
Radiohead ⋮
- House of Cards**
Radiohead ⋮
- Burn the Witch**
Radiohead ⋮
- Backdrifts**
Radiohead ⋮
- Protection**
Lucinda Williams ⋮

Songs may not be appropriate for everyone. Listener discretion is advised.



Castle Butte is a formidable landmark in the Big Muddy Badlands.

THE END OF THE ROAD

Castle Butte

Venture out to this unearthly site, just two hours south of Regina, and marvel at an impressive sandstone mountain amidst the Big Muddy Badlands. With an elevation of 60 metres (197 feet), this formidable formation once served as a landmark for Indigenous peoples and early Canadian settlers. Put the car in park and step out in search of ancient stone effigies and ceremonial circles.

HOT SPOT

Station Arts Centre, Rosthern



The heritage building that houses the Station Arts Centre includes a caboose museum and a railway garden.

The train no longer stops here, but a buzz of activity continues at the renovated CN Railway Station in Rosthern, halfway between Saskatoon and Prince Albert. Open year-round, the multi-purpose Station Arts Centre is a vibrant community gathering place, a gallery that showcases established and emerging artists, and a performance venue. They serve coffee and local craft beer, too. stationarts.com

PHOTOGRAPHS (CLOCKWISE FROM TOP LEFT): COURTESY OF AMES O'MARA; COURTESY OF LEE MILLER; COURTESY OF JAMIE ANHOLT

PHOTOGRAPH: IMAGESPACE/ALAMY STOCK PHOTO



Queen of the road: Taylor Swift's Eras Tour, which kicked off in March 2023, is set for a packed 2024 European schedule that will wrap up in Toronto and Vancouver.

CAA Travel Consultants can help with everything—from local-attraction tickets to car rentals and hotels—that's available to or near the concert destination. Visit caask.ca/travel to learn more.

Travelling for Tunes

Music tourism has fans taking to the road

CONCERTS ARE BACK—WITH A BOOM.

If you saw a live show in 2023, you were in good company—total grosses for the year's top 100 tours (led by, yes, Taylor Swift) set a new record, at \$9 billion, with more than 70 million tickets sold. That's not just music to the industry's ears, it's also good for tourism. Restaurants, shops, ride-share operators and hotels thrive on big arenas hosting big names.

Music tourism is the phenomenon that sees fans travelling (to Edmonton or Calgary—even other provinces or countries) to catch a favourite artist's show. It's no longer about just making the journey for a three-day music festival. These devotees are booking holidays around a single concert. Take the hundreds of thousands of Swifties who will flock to Toronto for the performer's six-show stint in November. When the tour was announced last year, there was a huge uptick in searches for flights and hotels in the area. Today, concerts are experiences that transcend music and delve into exploring another city's culture.

Seeing a beloved artist perform in a new city can be an exhilarating adventure, especially if you follow these simple tips:

- Overestimate travel time. Don't plan to arrive at your destination the day of the show—in case of delays or cancellations.
- If accommodations near the venue are cost-prohibitive, consider booking a room farther afield, close to public transit options.
- If you'll be driving to the venue, plan parking in advance.
- Go to a spot nearby (a restaurant, for example) after the concert to avoid the chaos of trying to get a ride-share at the actual venue.

Enjoy the show and the trip. And remember: All the world's a stage.

THE BIG GIGS

These concerts struck the right note with fans globally—as of press time, they're among the most-attended shows in history.

Rod Stewart
(Brazil, 1994)
4.2 million fans

Metallica, AC/DC, The Black Crowes, Pantera
(Russia, 1991)
1.6 million fans

Madonna
(Brazil, 2024)
1.6 million fans

The Rolling Stones
(Brazil, 2006)
1.5 million fans

Various artists
Live 8 (fight against poverty; Philadelphia, 2005)
1.5 million fans

Have It All

How to make the most of an all-inclusive vacation

TAKE WITH YOU a smartly packed beach bag and do the research on your hotel—these are the basics when it comes to enjoying an all-inclusive-resort experience. And consider the following five travel hacks to maximize your stay.


PACK THE ESSENTIALS. Make sure to bring the important stuff—an insulated tumbler for keeping your drinks cold; towel clips to save your spot at the beach or pool (but don't leave valuables behind!); lip balm with at least 30 SPF; and a battery bank in your room to keep your phone charged. And don't forget a neck lanyard for your sunglasses, so you don't lose them while jet-skiing.

ASK FOR AN UPGRADE. You know the saying—if you don't ask, you won't get it. Celebrating a special occasion? Mention it when you book and then, upon arrival, remind the concierge (politely). Ask also if there are vacancies for ocean views or higher floors or, in some cases, ground floors. It never hurts to find out what's on offer.

DOWNLOAD THE RESORT APP. If your resort has an app, check it out. It's a great way to find menus (make a reservation at the à la carte restaurant), schedules and special events you won't want to miss. Check the app first thing in the morning to monitor any updates.

BE A GOOD TIPPER. While resorts don't usually have clear-cut policies on gratuities, tipping is certainly expected and appreciated. Get local currency from ATMs at the resort and, if you need small bills, ask the concierge for assistance.

USE THE HOSPITALITY SUITE. Awaiting your evening flight? Make use of the resort's hospitality suite after check-out to freshen up.

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Dream Trip for Less

Think a vacation is out of reach on your budget? Think again

By Gillian Berner

IF YOU'VE BEEN BITTEN BY the travel bug, you're not alone. According to the 2024 Global Travel Trends Report by American Express, 36 percent of Canadians are investing more in travel this year. The same trend was revealed by Blue Cross in its recent travel study, which found that 79 percent of Canadians are planning a big trip in 2024.

How are they affording it? There are plenty of hacks and tips that can help reduce your travel costs. With some careful planning, the vacation you're dreaming of is really possible.

Travel in the off-season—and off the beaten path Avoid travelling during major winter holidays, spring break and peak summertime, which mean a surge in tourists and prices. You'll get better deals when you travel during less-touristed times of year. "Travelling in the off-season not only saves you money, but with [fewer] crowds, it's also easier to visit the main attractions without long lineups," says CAA Travel Consultant Angie Thachuk. "It's a more relaxed experience."

It also helps to stay away from trendier travel destinations. Their popularity comes with a major price tag, while plenty of deals can be found in also-beautiful, less-frequented locales. Keep an open mind about where to travel and you're more likely to snag a great deal to get there. Turn to page 46, "The Best B-sides," for insider tips.



Zurich, Switzerland

Get smart with points and loyalty programs Now is the time to redeem those points you've been accumulating through travel credit cards and airline or hotel loyalty programs—they can add up for significant savings. For example, a good travel credit card can get you insurance coverage and discounts, and certain credit and debit cards waive exchange-rate fees. And your CAA Membership offers perks with CAA Rewards® Partners. "CAA Members receive discounts at several hotel chains and car rental companies," notes Karen Schabel, a travel training and development coordinator at CAA. "Extra value-added benefits are also included with many tour operators and cruise lines when booking through CAA Travel."

Book airfare strategically When buying plane tickets, it's wise to time it right. According to Expedia's 2024 Air Travel Hacks Report, the sweet spot for purchasing international airfare is 60 to 120 days before travel (on average, a 10-percent savings) and 28 days before a domestic flight (24-percent savings compared to booking last-minute). And consider flying on a Sunday—data shows it's the cheapest day of the week to take off (and land).

Check one-way fares, too, Schabel advises. "Within North America, most airlines offer their discounted fares based on one-way, so the lowest option to return home may be with a different airline." **CAA**

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Smooth Operator

Choosing the correct engine oil is critical to ensuring your vehicle performs as it should

By Steven Bochenek



OIL IS AN ESSENTIAL PART OF your vehicle's engine system, lubricating the many fast-moving parts and ensuring peak performance. You have choices about what type of oil to put in your vehicle—the variables being the type of oil and its viscosity (in essence, the liquid's thickness). Read on to find out how different oil formulations can impact cost, vehicle performance and the environment.

TYPES OF OIL

- 1 Requiring the least amount of production, **conventional oil** is refined from crude and mixed with additives.
- 2 **Synthetic oil** is composed of chemically treated petroleum components and synthesized additives—an intricate laboratory process—all to enhance chemical stability. Requiring more steps in production, it's costlier (by a factor of about two to four times, according to *Consumer Reports*), but boosts engine longevity and performance.

- 3 Given that production intensity affects price, **blended oil** is the Goldilocks solution, lying somewhere between the first two choices. Cheaper than fully synthetic oil, it also provides fewer of its performance benefits.

ENVIRONMENTAL IMPACT

Crude oil is a non-renewable fossil fuel. Extracting and transporting it affects ecosystems. When it's refined into conventional oil, the remaining impurities are more harmful than synthetics (and blends) when small amounts burn during your engine's operation. Nearly all oils can be recycled, and disposal is provincially regulated. Many synthetic oils are made of re-refined oils, whose production includes extra filtration to reduce contaminants. Moreover, synthetic oil improves fuel efficiency and diminishes emissions. Keep in mind, however, that more intensive production consumes energy. Environmental impacts vary depending on your blend's conventional/synthetic ratio.

PERFORMANCE

Synthetics perform longer and better. In cold Canadian winters, they retain better fluidity than conventional oils and blends. In extreme heat, they resist degradation. Synthetics also clean residual gunk collecting throughout your engine.

HOW TO TALK TO YOUR MECHANIC ABOUT OIL

Trust your mechanic, a licensed expert, and explain how you generally drive. Tell your mechanic how far and often you commute. Do you tow, accelerate and/or brake hard? Do you leave town regularly? Drive on rural roads or mostly highway? Such details inform a mechanic's expert advice regarding what oil grade to use and when to change it.

Most vehicles require an oil change at around 8,000 to 12,000 kilometres, but some can go to 20,000 km. With such variance, don't be afraid to ask your mechanic questions. And check your owner's manual for the manufacturer's recommendation. **CAA**

PHOTOGRAPH: GEORGE DOLGIKH/ADOBE STOCK



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What's Your Favourite...?

Writer and CAA Member [Robert Currie](#) on Saskatchewan's literary lights and a must-visit Moose Jaw bookstore

By Nicole Keen



Writer Robert Currie enjoys the quietude of the Moose Jaw Public Library, which has housed the city's archives since the '60s.

WITH NINE BOOKS OF POETRY, two collections of short stories and two novels to his name, Moose Jaw-based writer Robert Currie is clearly prolific, but he's also passionate about creating literary community and celebrating the talented writers outside of Canada's big cities. Currie was one of the founding board members of the Saskatchewan Festival of Words, and though he has since retired, he still attends every year to soak up some inspiration.

Do you have a favourite poem or book that you've written?

My last book, *Shimmers of Light*, was a book of new and selected poems. It includes something from all my poetry books from the last 50 years or so.

Who are some writers you admire?

Guy Vanderhaeghe is one of the best writers ever to come out of Saskatchewan. I really admire W.O. Mitchell, too. Many



years ago, I got to present him with an award from the Saskatchewan Writers' Guild and that was quite a thrill. When I was young, what got me started writing poetry was reading a book by Irving Layton and a chapbook by Raymond Souster, which I discovered in the U of S library. One of my favourite Canadian poets today is Lorna Crozier—we go back a long way together.

Who's an up-and-coming writer you're excited about?

Khodi Dill, who writes poetry and children's literature and is an excellent performance poet. We got to read together in 2022 and I was impressed.

What's the best thing about living in Moose Jaw?

We have a really strong community of writers who support one another. Plus, you can drive anywhere in just 10 minutes!

Is there a local bookstore you like to frequent?

There's a wonderful bookstore in Saskatoon called McNally Robinson. In Moose Jaw, Post Horizon Booksellers is run by a man named Nelson Reid, and he's terrific about getting books in. Plus, he sells my books!

What's the best part of the Saskatchewan Festival of Words?

There are always amazing events at the festival. Every year, there's at least one famous author being interviewed. It features all kinds of writers, poets, novelists, short-story writers, so there's something for everyone.

What's your ideal setting for writing?

I've been writing in the archives of the Moose Jaw Library since 1975. It's a quiet place and the big thing is, nobody can phone me there. No interruptions. **CAA**



We have a really strong community of writers who support one another

PHOTOGRAPHS (FROM LEFT) COURTESY OF MOOSE JAW PUBLIC LIBRARY; COURTESY OF ROBERT CURRIE






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Feeding the Soul

From school lunches to cooking classes to community gardens, a Moose Jaw organization brings people together to battle food insecurity, nurturing their potential, one meal at a time

*By Wendy Helfenbaum
Photograph by Danielle Tocker*



Sharla Sept, executive director of Hunger in Moose Jaw, believes in educational and food-focused programs that build communities.

THIRTY-ONE YEARS AGO, Hunger in Moose Jaw launched the Child Nutrition program, serving 60 free homemade lunches a week to elementary and high-school students who need them. Today, the non-profit feeds 430 kids in 18 schools every day—a total of nearly 80,000 meals per year. It also offers five other food programs to local families, thanks to the dedication of 13 staff members and 10 volunteers.

“Being able to combat food insecurity is what keeps me going,” says executive director Sharla Sept. “We’re seeing a rise in our numbers, and our programs are open to everybody. If you’ve got a child who’s hungry, we’ll get them a lunch—that’s how we work.”

Funded by the provincial and federal governments, several foundations—including the Ministry of Education and the Moose Jaw Multicultural Council—and about 30 local businesses, Hunger in Moose Jaw’s educational and food-centred programs focus on the power of building community by breaking, and making, bread together.

Headstart Preschool puts on weekday morning classes using a curriculum that addresses the social, emotional and physical needs of children through play and social interaction, while The Good Food Box bulk-buying program sells affordable fresh fruit and vegetables to all families who wish to purchase them online for delivery, or in-person at a nearby church.

“We all have a part to play, and when we support others, the community grows”

“We also run our Yara Community Gardens, where we have 140 garden plots at three sites,” says Sept. These plots are rented to anyone who wants to grow their own pesticide-free food.

In addition, Hunger in Moose Jaw operates an interactive community kitchen, offering both online and in-person sessions where participants share cooking techniques, recipes and friendship along with fresh-cooked food. “It’s great for our international students or parents [to] connect with each other and meet new people; it builds that sense of community,” says Sept.

Meanwhile, the non-profit’s wildly popular Junior Chef program teaches kids aged 9 to 12 to cook a main, side and dessert, helping them build confidence in the kitchen, notes Sept.

“Eventually, they’ll be out on their own and this is a skill they can take with them. We all have a part to play, and when we support others, the community grows.” **CAA**

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.



Game On

A journey to South Africa offers both big-city fun and game drives on safari

By Karen Eull



The wild lion is classified as a vulnerable species. (Above) A riot of colours defines the historic homes of Bo-Kaap in Cape Town.

I DON'T NEED TO KNOW the word for “lion” in any of South Africa’s 12 official languages to know there’s one nearby. As soon as our game tracker, Chuchu, gets a radio call and hits the gas, we’re sure she’s headed toward something exciting.

On safari at Pilanesberg National Park, you see many animals—including so many elephants, giraffes and zebras that I stopped counting—but lions are the main event. So, when Chuchu speeds up, we have cameras and binoculars at the ready. She deftly navigates our large open-sided truck over the rough dirt roads (as we bounce around in the back like monkeys) and then rounds a bend just in time for us to see a lioness saunter across the road ahead. Unlike us, she’s in no hurry at all.

Chuchu is pleased that we made it here ahead of any other trucks. This sighting is just for us. “We are the lucky ones this morning,” she says.

“Luck” is a word that comes up many times on this trip in so many ways. I cherish every sighting of these rare animals (some of which are getting rarer by the day) in the wild. But the subject of luck, or rather privilege, also comes to mind in some sombre moments. This journey will take me from the lows of Apartheid’s legacy to the great heights of beauty stretching before me as I travel from Cape Town to Pilanesberg Park.

PHOTOGRAPHS: (OPPOSITE PAGE) COURTESY OF LAUREN LIVINGSTON, (THIS PAGE) COURTESY OF KAREN EULL

(Opposite page, clockwise from top left)
The Zeitz MOCAA, designed by London's Heatherwick Studio; a statue of Nelson Mandela in Cape Town's city hall; African penguins at Boulders Beach; the cable car en route to Table Mountain.

“

The healing power of creativity shines bright in Cape Town, especially at the Zeitz MOCAA, the world's largest museum dedicated to contemporary art from Africa and its diaspora

EXPLORING CAPE TOWN

If I hadn't been so excited to get to Pilanesberg National Park, I could have stayed in Cape Town, where I landed, for a week or more. It's easy to get swept up in the city's current culture boom—especially while staying in the vibrant V&A Waterfront district, packed with posh hotels, boutiques, restaurants and coffee shops. Taking in the breathtaking city views from atop Table Mountain or sipping cocktails at a beach bar in Camp's Bay are fun, easy-going ways to spend an afternoon.

However, I also wanted time to explore the city's diverse but difficult history. There's a statue of Nelson Mandela on the City Hall balcony where he made his first public speech after being released from prison, in 1990—a speech famous for helping usher the country into the post-Apartheid era. Daily boat trips take visitors to Robben Island to tour the jail (now a museum) where Mandela was imprisoned for 18 years. And the vividly hued houses in the Muslim neighbourhood of Bo-Kaap

offer more than just a great photo op—these historic 18th-century dwellings, originally rental units for slaves, were once all kept whitewashed. After 1994, when residents were finally permitted (and could eventually afford) to buy homes, it's said property owners painted them in riotous colours to celebrate their freedom.

The healing power of creativity shines bright in Cape Town, especially at the Zeitz MOCAA, the world's largest museum dedicated to contemporary art from Africa and its diaspora. Find wonderful one-of-a-kind souvenirs at the many craft markets in town, including The Old Biscuit Mill, a restored factory space where local designers sell handcrafted clothing and wares amidst bustling eateries and bars.

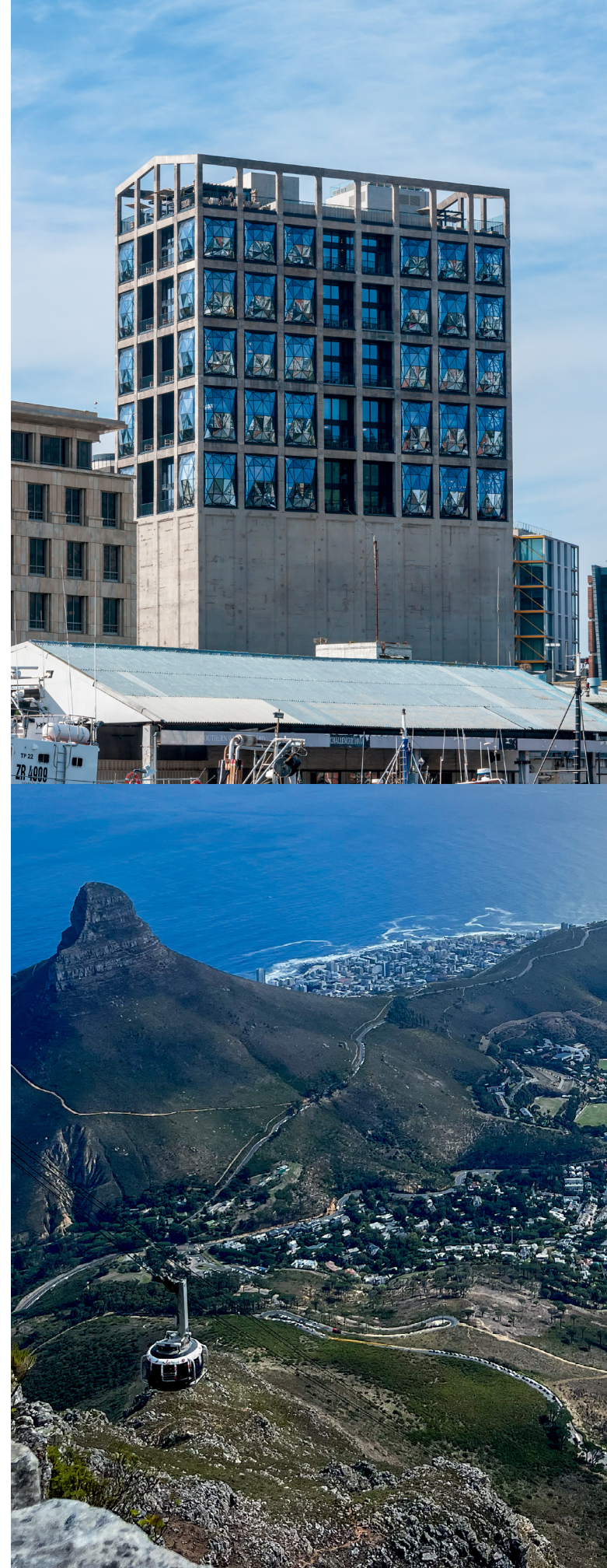
No South African expedition is complete without a trip (in my case, by tour bus) around the famous Cape of Good Hope on the continent's southern tip—a coastal drive that takes you past beautiful beach towns and wineries. Stop at Boulders Beach to watch a protected colony of

African penguins waddling on the sand. (As if this country isn't teeming with enough cool wildlife, why not throw in some penguin-spotting to ensure your trip is truly that of a lifetime?)

TRACKING WILDLIFE AT PILANESBERG NATIONAL PARK

It's a short flight from Cape Town to Johannesburg and a two-and-a-half-hour drive to the Bakubung Bush Lodge. This small resort is within the gates of Pilanesberg National Park's game reserve of over 55,000 hectares (136,900 acres)—the fourth-largest game park in South Africa and home to more than 7,000 animals, which include the Big Five: lions, leopards, elephants, rhinos and Cape buffalo, one of four buffalo subspecies indigenous to Africa.

Safari days start achingly early. The first game drive of the day has you out in the park, in the cooler hours, when the predators are most active. A second daily drive departs in the late afternoon. (I spend the hot midday hours between game drives, lounging by the resort's



PHOTOGRAPHS (OPPOSITE PAGE) TOP LEFT, MATTI BLUME/WIKIMEDIA; TOP RIGHT, BOTTOM LEFT & RIGHT, COURTESY OF KAREN EULL



Plains zebras live in small family groups consisting of one stallion, several mares and their offspring. Reaching heights of up to four metres, African elephants are the largest land mammals on Earth.

“Trackers, rangers and park staff have helped safeguard the local wildlife since the area became a reserve in 1979

pool as vervet monkeys and mongooses dart between the deck chairs.)

Every drive is different—and the trackers always start off by managing expectations. They can't promise any sightings, they warn, and yet never did they disappoint. It's a point of pride for them to know all the best spots and they share prime sightings with their colleagues over the radio—rarely in English, and sometimes in code, partly because they don't want passengers to get their hopes up, but sometimes to help protect the animals. One tracker tells me he never calls out rhinos over the radio because these beasts are particularly vulnerable to poachers who could be listening in.

Trackers, rangers and park staff have helped safeguard local wildlife since the area became a reserve in 1979. Prior to that, the populations of game animals in the area had dwindled due to commercial farming. As part of the initial relocation program, 6,000 game animals were introduced to the park—a massive conservation effort that requires consistent care. For instance, all the park's mature male rhinos undergo surgery every few years to remove their horns (an effort to deter poachers, which, unfortunately, doesn't always work). At a watering hole, one of our trackers, Peter, points out two gigantic hippos, George and Twigg,

PHOTOGRAPHS: (THIS PAGE, CLOCKWISE FROM LEFT) COURTESY OF KAREN EULL; JEZ BENNETT/ISTOCK; JACK SMITH/ISTOCK; GUENTERGUN/ISTOCK; COURTESY OF CHOBE NATIONAL PARK; (OPPOSITE PAGE) COURTESY OF LAUREN LIVINGSTON



Safari passengers scan a rocky ledge in Pilanesberg Park, hoping to catch sight of a leopard.

that he helped care for as babies before they were released into the park.

On our second last day, it's our tracker, Tao, who takes us on the most memorable drive of the trip. The day starts off well—we see lions, elephants, rhinos and even the elusive buffalo almost right out of the gate. Tao gets a determined look in his eye. “Let's see if we can make this a Big Five drive,” he says, referring to the rare occurrence when you see all the big-game species in a single outing.

We'll have to rush past the many roadside zebras, impalas and giraffes to try, he warns, and we cheer him on. This time, when the call comes in, I hear his response in English, clear as day: “I'm coming! I'm coming!”

We pull in beside the truck that called in the sighting. Its passengers are pointing at a rocky ledge that borders the road, and we crane our necks to figure out what's up there. And then I spot it—the rare sighting you hardly dare hope for. Climbing down from the rocks without a glance in our direction, a leopard. “Lucky” doesn't even begin to describe this. I feel honoured.

This painstakingly restored park, now teeming with a diversity of wildlife, showcases what I'll remember most about South Africa—its vast capacity for resilience and hope. **CAA**



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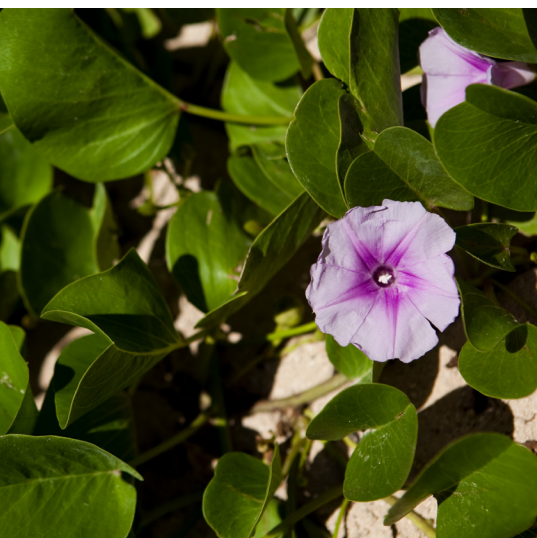
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New Wave

Balance beach time with voluntourism to experience—and help protect—the true nature of Hawai‘i

By Doug Wallace



Mauna Kea Resort and Kauna‘oia Beach; the coastal plant *pōhuehue*.

Mana is Hawaiian for “spiritual energy,” “universal life force.”

We begin the sunrise ceremony on the shore of Kauna‘oia Beach with the traditional chant *E Ala Ē*, led by our guide, Healani Kimitete-Ah Mow. This centuries-old morning ritual is intended to unite voices across the Hawaiian Islands and help visitors “appreciate the simplicity of life, appreciate the beauty that we have here,” Healani says, “and it’s important that we acknowledge those that came before us, because this is their land.”

She teaches us the chant before walking us slowly into the ocean. Waist-deep, we dunk our heads a few times, then drop leaves from the coastal plant *pōhuehue* into the water, each one a well-wish for our friends and family.

My first sunrise on Hawai‘i Island—previously referred to as Big Island—is also my first taste of the 50th U.S. state’s refreshed approach to tourism. I’m already seeing how Hawaiians are encouraging visitors to experience the islands in a more engaged and responsible way, one that goes beyond the sun and sand.

Healani, our cultural ambassador at Mauna Kea Resort, is one of many locals hired by hotels across the archipelago to foster a renaissance of Hawaiian heritage and pride. It’s just one small part of a movement to preserve the local culture and environment and a return to the values that make this place so special.

These experiences are more than just entertainment—they provide teachable moments for visitors. Breezing in and out of Hawai‘i without learning about local culture perpetuates an ignorance that hampers efforts to protect the islands. It’s also a missed opportunity, considering there’s a fascinating 3,000-year-old history to explore, one the local people are urgently trying to preserve.



(From top) Writer Doug Wallace pruning ginger at Hawai‘i Volcanoes National Park; Jane and Paul Field, Stewardship at the Summit guides.

Mālama means “to care for,” “protect.”

I’m here to participate in the *Mālama Hawai‘i* program, which is one way the state government is encouraging visitors to give back to the land, ocean and wildlife, as well as to the communities you don’t see from the windows of a fancy hotel. In partnership with the Hawai‘i Visitors and Convention Bureau and the Hawai‘i Tourism Authority, the program offers voluntourism experiences that help protect fragile habitats and ecosystems. It’s an idea whose time has more than come. Given last year’s tragic fires in Maui, nurturing this part of the world feels more important than ever.

Laulima (“many hands”) is about working together for a greater cause.

Sturdy garden clippers in hand, I’m cutting away thick but soft stalks of Himalayan ginger and putting them in piles. The forest floor of this part of the Hawai‘i Volcanoes National Park is overgrown with the weed. I’m one of about a dozen volunteers who have gathered here to remove this invasive species and give native plants a chance to thrive. The project, called Stewardship at the Summit, is part of the *Mālama* program and is led by Paul and Jane Field, who are spending their retirement in service to the forest. They meet volunteers here every Saturday morning.

“We’ve been doing this for 10 years. We love the park,” Paul says of this international biosphere reserve and UNESCO World Heritage site. “Invasive ginger is a nutrient- and water-hog and we try to remove as much as we can.” In turn, the park staff loves them “because we provide about 2,000 volunteer hours per year, most years,” he says. “That’s like one whole salary.”

Before we gather our gloves and clippers and head out on Halema‘uma‘u Trail—one of the oldest footpaths in the park—Kekoa Rosehill, a supervisory park ranger, performs a chant to encourage us and grant us knowledge. Paul points out that the morning’s work also provides “an introduction to the forest, so volunteers learn about the park and its history, too.”

Everyone gets right into it, particularly the folks who show up on a regular basis. “The camaraderie is great and the cause is good,” says regular Hawai‘i visitor Mike Malone, who started volunteering with his wife, Patti, about six months ago. “Paul and Jane are the encyclopedia of the park. Education is a big part of it. And you get to experience parts of the park that you wouldn’t see otherwise.”

The hours pass quickly as we cut our way far off the trail. With the ginger out of the way, there’s very little left underneath except for a few ferns. I find it satisfying to make space for the other plants to grow, almost like I’m giving the forest a haircut.





(Clockwise from left) The west coast of Hawai'i Island is home to reef manta rays; Hulihe'e Palace was once a retreat for Hawaiian royalty.



Think Outside the Guidebook

Anyone is welcome to volunteer with the Mālama Hawai'i program. Here are some of the ways visitors can help:

- Collect debris from the beaches, parks and trails.
- Plant seedlings to aid in reforestation.
- Restore shorelines with native plants.
- Support age-old methods of sustainable farming.
- Patrol turtle nesting grounds.

Visit gohawaii.com/malama for more details.

E ho'omalū i nā holoholona is a plea to protect the animals.

This trip wasn't all hard work. I was excited for a relaxing day, capped off with a moonlight swim at the Mauna Kea Resort with the manta rays that congregate just off the shore. The swim is curated by Manta Ray Advocates, a group that educates tourists about these gentle giants and that champions their protection while promoting safe and sustainable tourism practices.

We waded into the ocean and strap on our fins just a few metres in. Lights attached to our small surfboard illuminate the plankton in the water, attracting the mantas which gracefully swoop round and round, their mouths wide and mere inches from my face mask. The experience is beyond thrilling. We ooh and ahh into our snorkels at first, but then we're silent, completely in awe of these beautiful creatures.

He 'ohana k'ou means "we are all family."

Exploring a place's history is not only enriching but also a way to show respect. Choosing activities that support Indigenous culture help preserve Hawai'i's history and legacy, and fund efforts to sustain the community.

Hulihe'e Palace in Kailua-Kona was the vacation home

of Hawai'i's former royal family—the governing monarchy in place before the islands became a U.S. territory and then a state. Originally built out of lava rock in 1838, the palace sits on the same site as the home of Kamehameha the Great, the first ruler of the Kingdom of Hawai'i. The palace was restored by the non-profit Daughters of Hawai'i, founded in 1903 by influential local women to uphold Hawaiian culture and language.

The museum's six large rooms are filled with treasures, including ornate koa wood furniture and fancy Victorian trinkets. I linger after the tour to examine the portraits and photographs of the royals that line the walls, feeling more like a visitor in someone's home than a tourist. When you take the time to learn the story of a place, the rewards are sweet.

Maka'ala refers to the practice of remaining alert.

Healani's words are etched on my mind. "Anyone can *do* things when they come here," she says, "but I think you also have to *be*—be present, be instilled in the culture. We call it *maka'ala*. It means to be alert in the things you're not familiar with. Honour the things you see here and leave Hawai'i the way you see it, so that when you return, it will be the same." **CAA**

PHOTOGRAPHS: (THIS PAGE, CLOCKWISE FROM LEFT) KAWIKA SINGSON/ISLAND OF HAWAII VISITORS BUREAU; TOR JOHNSON/HAWAII TOURISM AUTHORITY; COURTESY OF DOUG WALLACE (PAGE 28, FROM TOP); COURTESY OF MAUNA KEA RESORT; DAEJIA FARIS/HAWAII TOURISM AUTHORITY. (PAGE 29) HNM PHOTOGRAPHY

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Visitors learn about livestock and the importance of local agriculture at the Canadian Western Agribition in Regina.

Meet Me at the Fair

From history to charm, Canada's fall festivals and exhibitions offer more than pie-eating contests—they're a time-tested way to build community

By Beth Hitchcock

THE AROMA OF CARAMEL CORN in the air. Rows of jewel-hued jams. The sound of *baa*-ing sheep. Few things stimulate nostalgia like fall fair season. Long a staple of rural life, these annual celebrations harken back to a time when traditions and stories were handed down through generations like a cherished family recipe.

But more than just that yearly spin on the Ferris wheel, these autumn gatherings—some of which date back 50

years or more—are just as relevant today, providing education, hands-on experience and interaction with farmers. As regional 4-H clubs have always known, getting kids excited about agriculture is key to the long-term sustainability of our food sources.

As the air gets cooler and the leaves start to turn, consider a visit to one of these festive fairs in both urban and rural Western Canada.

GREAT WHITE NORTH PUMPKIN WEIGH-OFF & FAIR

Forget Charlie Brown—it's the great pumpkin, in Smoky Lake, that's circled on Albertans' calendars. Just a 90-minute drive north of Edmonton, the province's pumpkin capital welcomes visitors to its annual Great White North Pumpkin Weigh-Off & Fair (October 4-6 this year). This family-friendly festival kicks off Friday evening with live music, food and beverages that highlight what the community has to offer. "From the corn maze to the beer gardens and bouncy castle, the entire event is hosted by local enterprises," says Michelle Wright, president of the Smoky Lake Pumpkin Growers.

Though the fair continues through to Sunday, with competitions for pies, jams and unusual vegetables on the schedule, the signature event takes place Saturday night. That's when the local high-school's graduating class decorates a derelict car, and onlookers cheer as a 700-pound pumpkin is dropped from a crane, crushing the car. And if 700 pounds sounds impressive for a pumpkin, consider that Don Crews, a mason from the city of Lloydminster, set a national record at the fair's Weigh-Off in 2022 with a gourd that grew to 2,537 pounds.



Onlookers gather in Smoky Lake, Alta., to watch a giant gourd crush a car at the Great White North Pumpkin Weigh-Off & Fair.

AG EX

It's all about the cows in Brandon, Man., where the AG EX—the province's largest all-breeds cattle show—celebrates its 51st year this fall (October 23-26). The goal? To provide purebred cattle breeders a showcase for their programs and, in a broader sense, educate the public about cattle breeders' contribution to provincial agriculture. To that end, the youth program MooMania! gives students from grades 3 to 5 a chance to participate in a mock cattle show and auction.

According to Dallas Johnson—past co-chair of the event and current director and member of the executive board of the Manitoba Provincial Exhibition—the AG EX is a great kickoff to the fall season. "People will often combine a trip to the fair with a Brandon Wheat Kings hockey game or organize a family event to culminate with the year's harvest."

CANADIAN WESTERN AGRIBITION

Located in Regina, the Canadian Western Agribition is our nation's largest agricultural and livestock show. First held in 1971, it has since developed into a lively mix of Indigenous culture, an adrenaline-pounding rodeo and "the Super Bowl of beef shows," according to Breanna Franklin, the event's marketing and communications manager.

This year's Agribition (November 25-30) once again expects to draw producers, exhibitors and competitors from all over the world—and spectators. A key part of its mandate is to bridge the gap between rural and urban lifestyles through education and entertainment. "The evening events are the ones you don't want to miss," says Franklin. "The four-day pro rodeo packs the Brandt Centre, as the winners of the Maple Leaf Rodeo qualify to compete at nationals."

This autumn, it's time to fall back in love with fairs and all they do to support their communities. Choose from a cornucopia of annual events—there's sure to be one in a small town near you, with mouth-watering treats and fun contests for building cherished family memories to last a lifetime. **CAA**

BEST IN SHOW

Cash prizes and bragging rights are both on the table—winner takes all at some of Canada's quirkiest fall fair contests.



It's BYOZ at the local country fair's zucchini races in Chestermere, Alta.—wheels and axels are provided.



Oh baby! The infant with the chubbiest cheeks wins a prize at the Caledonia Fair in Caledonia, Ont.



Contestants chomp down as many cloves as possible at the Windsor, N.S., Garlic Fest's garlic-eating contest.



What makes a vegetable the oddest? Find out at the Port Hope Fair in Ontario.

PHOTOGRAPHS (THIS PAGE) VOYAGER IMAGES/ALAMY STOCK PHOTO (OPPOSITE PAGE) COURTESY OF CANADIAN WESTERN AGRIBITION 2023. ICONS: NOUN PROJECT



Recall Total

For problems related to vehicle safety, manufacturers must ensure defects are fixed. Here's what you need to know about the process

By Graham Heeps | Illustration by Mike Ellis

If you've owned a new or nearly new car, chances are a vehicle recall notification will have appeared in your mailbox at some point. The complexity of modern vehicles makes recalls a common occurrence, despite the equally sophisticated development and test procedures behind the launch of each new model. It's much cheaper for automakers to fix a problem before production starts than after vehicles have left the factory, especially considering the reputational damage a recall may bring.

A recall could be for something as simple as ensuring a bolt is tight (this one affected some 2021-2023 Mercedes-Benz vehicles) or applying the correct information sticker for tire pressure (as on the new Dodge Hornet and Alfa Romeo Tonale). But it might involve the replacement of a safety-critical component, as with the notorious Takata airbag-inflator recall that involved more than 100 million vehicles worldwide or the fatal ignition faults that plagued Chevrolet Cobalts in the 2000s.

HOW DOES A VEHICLE GET RECALLED?

Notices of defects affecting vehicles, tires and child car seats—also known as safety recall notices—are regulated under the Motor Vehicle Safety Act (MVSA). When a manufacturer finds a safety defect, it must notify all owners in writing within 60 days. Transport Canada (TC) ensures that companies follow the requirements of the MVSA and its associated regulations. If TC finds a defect or non-compliance, and the company has not given notice, TC can order it to do so.

Automakers conduct their own investigations into problems with production vehicles. Having previously been fined in the U.S. for its poor response to problems with Theta II engines, in 2023, Hyundai opened a dedicated Safety Test and Investigation Laboratory (STIL) in Michigan to track down and remedy defects in production cars.

However, TC also conducts investigations, often based on consumer complaints. Anyone can report a safety-related issue with a vehicle by filling out a defect complaint form on

the TC website or by speaking to the regulator directly by calling 1-800-333-0510.

TC might investigate a problem if, for example, the same complaint arises many times—if a safety defect is found to exist, the original equipment manufacturer (OEM) must issue a recall notice to fix the problem.

In 2023 alone, manufacturers issued 710 recalls affecting a total of 4,601,253 vehicles, tires, and child car seats in Canada. Of those 710 recalls, 32 were influenced by Transport Canada, affecting 941,247 vehicles, tires and child car seats.

Not all complaints result in a recall, however. For example, a scan through TC's publicly accessible database reveals that, in 2023 no recall was issued when the loss of power-steering assistance in older Ford F-150s could not be attributed to a single underlying cause or was deemed to stem from normal vehicle wear and tear, and no injuries or fatalities arose as a result.

Recalls usually come about because of crashes or because there's been human injury. Many people wish that common problems would lead to recalls, but that's not usually the case. Those problems will usually lead to a manufacturer warranty claim.

TC's own guidance states that neither engine or power-train performance problems, nor air conditioners and radios that don't work properly, are considered safety defects—even if systemic problems in these areas can be enormously frustrating to vehicle owners.

HOW DOES THE REPAIR PROCESS WORK?

For older vehicles that have changed hands multiple times, contacting the owner in the event of a recall might be easier said than done because the OEM uses in-house ownership records, not those of a provincial registering authority. For this reason, it's a good idea to make sure the selling dealer has your contact information and mailing address. Say, you buy a used vehicle. When it's time for the first oil change, take it to the local dealer just to make sure they have your profile. You can also register through an OEM portal.

Receiving a recall notice is your cue to contact a local dealer to resolve the problem, but there is no guarantee that the issue will be fixed right away. Software updates are an increasingly common fix to automotive problems but must be thoroughly tested before being deployed. For a physical component, it might take months for the manufacturer to find the fix and liaise with suppliers to redesign and test a part. Then, the supplier will need to tool up production and distribute the components so the affected vehicles can be

repaired. Recent supply-chain issues in the industry have further complicated the process.

Chances are that your vehicle will still be drivable while you're waiting for a fix, but in some cases, the manufacturer may advise against normal use. For example, Chrysler's 2022 interim recall notice for Pacifica Hybrids recommended not to recharge and to park outside, but it took months for a remedy to be rolled out across the dealer network.

When your vehicle gets its turn for repair, the work is done for free, but there is likely to be no obligation on the dealer to provide a loaner vehicle.

“

Recalls usually come about because of crashes or because there's been human injury

BUYING A RECALLED VEHICLE

There is a high chance that the model of car or truck you are considering

for purchase has been subject to a recall at some point. Transport Canada's online resources include a searchable recall database by vehicle model and year and an aggregation of OEM-specific search tools, so you can check whether an individual vehicle identification number (VIN) has any outstanding recalls or has had them applied. CARFAX also has a by-VIN search on its site. These tools make it easy to discover whether your current or potential future ride needs remedy work or not, and/or it comes from a defect-prone cohort.

If you find out that a new vehicle you're considering buying has been subject to a lot of recalls, it might make you cautious. One way to minimize your risk is to avoid the first year of a new model, which sometimes still has bugs to be worked out.

The good news for drivers is that the arrival of software-defined vehicles—cars whose operation and features are controlled mostly by onboard software, as pioneered by Tesla—should make it simpler and cheaper to correct safety defects. Regular, smartphone-style over-the-air (OTA) updates could reduce the need for formal recalls and make them faster to implement when they do arise. That's good news for customers and OEMs alike. With start-up automakers often bringing vehicles to market faster than traditional players, OEMs are under more pressure than ever to shorten development times without compromising quality.

Even so, a customer's experience of recalls will always vary from case to case. As with any consumer product, it's not always what goes wrong that matters. Mistakes happen, and all vehicles, especially new models, experience some degree of growing pains. But it's often how well the manufacturer deals with a problem that leaves a lasting impression. **CAA**



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MEMBER REWARDS, OFFERS AND EXCLUSIVE SERVICES

INSIDER

Summer is in the rear-view mirror. Let's embrace the crisp, cool air of fall, its glorious canvas of earthy tones—and the opportunity to renew community ties.



FALL 2024





Back-to-School Crosswalk Safety



KEEPING OUR COMMUNITIES SAFE is a priority for CAA and advocacy is even more important. As a recent CAA survey indicates, there is a surge in unsafe driving practices within school zones, and according to the survey, speeding and distracted driving are the top concerns.

Here is some advice that can help everyone—students, parents and motorists—stay safe this back-to-school season.



FOR STUDENTS

- **Don't jaywalk** Never run out in traffic or between parked cars or buses.
- **Limit distractions** Refrain from using cellphones while walking or cycling.
- **Stay vigilant** Keep your head up, look around and make eye contact with drivers when crossing.
- **Know and practice bike safety** Walk your bike when crossing at a crosswalk and follow cycling safety guidelines.



FOR PARENTS/GUARDIANS

- **Use designated areas** Drop off and pick up children only in designated zones. Respect No Stopping and No Parking zones near schools.
- **Teach road rules** Educate children about the need to stop, look both ways and listen before crossing streets.
- **Practise walking routes** Accompany children to familiarize them with safe routes.



FOR MOTORISTS

- **Watch your speed** Respect posted speed limits and reduce speeds during specific enforcement hours (as indicated on speed-limit signs).
- **Exercise caution** Slow down and remain alert in school zones and near playgrounds and parks.
- **Stop for loading or unloading school buses** Be alert and watch for students.
- **Watch for Safety Patrollers** Acknowledge and cooperate with CAA School Safety Patrollers.
- **Eliminate distractions** Stay focused on driving and refrain from texting or other distractions.

School Safety Patrollers in Your Community

The CAA School Safety Patrol® (SSP) program, which began in Saskatchewan in 1951, plays a vital role in ensuring safety in school zones. Student volunteers learn about pedestrian and traffic safety, and these skills help them to become influential safety leaders in their communities. Their primary role is safely guiding other students to and from school each day.

Supported by various stakeholders—including CAA Saskatchewan, local police, the RCMP and school staff—the SSP program imparts valuable skills, such as time management and teamwork. Patrollers serve as role models, gaining confidence and communication abilities—their experiences truly have lasting impacts for themselves as well as for their communities.



Visit caask.ca/schoolzonesafety to learn more about crosswalk safety. And visit caask.ca/patrollers to learn more about the SSP program.

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We Salute Our School Safety Patrollers!

Patrollers help students cross streets safely to and from school. School zones are safer and patrollers learn to become safety ambassadors for their school community.

To learn more about the program, or to start or renew the program at your school, please contact schoolsafetypatrol@caask.ca

CAA Saskatchewan has owned and operated the school safety patrol program since 1951.



SCHOOL SAFETY PATROL®

caask.ca/patrollers

Advice for Young Drivers

THE LICENSE TO DRIVE IS, for many young people, a gateway to freedom—but there's an element of responsibility, too. Here are some important safety reminders to share with the young drivers in your life—what they need to remember and practise in order to keep themselves, and others, safe.



Visit caask.ca/about-caa/advocacy-safety/driver-safety for more helpful safety advice.

Teen Driving Advice



Rules of the road Know, understand and always obey critical regulations, such as speed limits, traffic signals, road signs and right-of-way rules in the areas where you will be driving. Remember to drive according to the weather and road conditions and adjust your driving habits.

Be defensive Scan the environment for hazards. Be aware of and be alert to everything going on around you. Stay a safe distance from other road users and pedestrians.

Stay focused This means eliminating distractions, such as your mobile phone (best to turn it off), as well as eating, fumbling with your music device or the radio, or even chatting with your passengers.

Safety first Seat belts are *not* optional—for the driver and all passengers.

Vehicle maintenance Consult your owner's manual and ensure all regular maintenance checks are performed. Regularly check tire pressure, brake lights and fluid levels. And watch out for odd sounds or noises. If anything seems out of sorts, visit your mechanic.



Card-Carrying Scholar

How a CAA Value Membership makes the grade on campus

HELPING YOUR TEEN PREPARE for a new post-secondary school year takes effort—and a budget. That's why having CAA Value Membership is a real asset. It offers all the benefits of membership without roadside assistance.

Here are some suggestions on how to use the CAA Value Membership in the days before class begins—plus a few more for the entire year.

NEW SPACE NECESSITIES

- Stock the mini fridge with your favourite snacks from **Sobeys**, **Safeway** or **Fresh Co**, where brands such as Compliments offer a vast array of yummy products. *Purchase a **Sobeys** gift card—which can also be used at **Safeway** and **Fresh Co**—in advance from your local CAA Store and earn 5% back in CAA Dollars®.*

FIRST-PERIOD FUNDAMENTALS

- Stock up on digital essentials for the classroom and study hall, like tablets, noise-cancelling headphones and Apple Pencils from **Staples**. *Members earn 2% back in CAA Dollars with online purchases made through the CAA eStore. Visit portal.caarewards.ca/caask/offer/staples-351225 for more information.*

MUNCH MOMENTS

- Students can take a break from plastering posters—and, soon, from studying—with lunch at **Pizza Hut**, where the range of new Handcrafted Crust pizzas rule. *Save 15% on regularly priced menu items when students dine-in or order delivery.*
- So, your hungry student is ready for a little carb-loading before a big Friday evening or a pals' night with their new chosen family? Think dinner at **Montana's**. *Members save 10% when dining-in or with online orders via montanas.ca or the Montana's mobile app.*

BEST FOOT FORWARD

- Students can stroll into the school year with new kicks from **Foot Locker**, which has been a beacon of sneaker culture since it opened in 1974. *Earn 4% back in CAA Dollars with online purchases made through the CAA eStore.*

NEW YEAR, NEW LOOK

- Colder weather is coming, but so is awesome stylish outdoor clothing. Check out the latest puffers from **Roots**, which has been outfitting Canadians since 1973. *Earn 10% back in CAA Dollars.*
- Get social. Students can dress to impress for the rapidly approaching Homecoming weekend with cocktail attire from **RW&CO**. *Members save 10% online and in-store on the last ticketed price.*

Cool for school. Visit caask.ca/membership/rewards to see all the places you can save.



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Winter Driving Prep: Board Game Edition

Ensure your safety this winter with a few crucial steps—both for you and your vehicle.

!
Bundle up for longer trips: Dress in layers and bring a hat, gloves and waterproof boots—just in case you get stranded or inclement weather rolls in unexpectedly. Pack extra warm clothing for passengers and blankets in the trunk.

Start:



Fuel: Keep the tank above half to help prevent fuel lines from freezing.

Vehicle Preparation

Plan: Check the weather and road conditions before departing.

Personal Preparation

Emergency kit: Do an audit and prepare for any emergency scenario—emergency kits can be purchased at caask.ca/shop.



Don't rush: Leave earlier than usual to allow for delays on snowy or icy roads.

Battery: Have your battery tested and replaced if needed.

Ice watch: Black ice is practically invisible, so reduce your speed and be vigilant.



Lights: Make sure all vehicle lights—exterior and interior—are working.



Antifreeze/coolant: Have your mechanic check your cooling system and ensure the proper winter formulation of fluid.



Proceed with caution: Slow down and keep three to five seconds between you and other vehicles. Brake gently.

Tires: Make sure that winter tires have adequate tread depth and are inflated properly.

Stay alert: Focus on the road and eliminate distractions. Monitor road conditions and pay attention to other drivers.



Visibility: Install new wiper blades and fill up on winter-rated washer fluid.

Keep safe: If in imminent danger, call 911. If your car is stuck in a snowbank, call CAA.



Visit caask.ca/safety to learn more.

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The Best B-sides

Exploring a world of unexpected travel destinations that deliver

By Dick Snyder

MAKE YOUR NEXT TRIP off the beaten path and swap one destination for another that might be less touristy or more affordable. Here are a few ideas to get you started.

THE COAST WITH THE MOST Like Sydney?

Try Brisbane, Australia

Smaller and more manageable than Sydney, Brisbane is the perfect city to stroll around and day-trip from to explore the sun and surf of Gold Coast and Byron Bay. With a population of roughly 2.5 million, it offers all the highlights of a major metropolis like Sydney, but without the hype. Local restaurants, boutiques and weekend markets in the West End neighbourhood offer a window into how the hip live.

CULINARY EXPLORATIONS Like Paris?

Try Lyons, France

One of the culinary capitals of France, Lyons offers a more compact and accessible eating experience that's a little easier on the wallet. Everything from food markets to Michelin-star restaurants can be easily navigated, along with a wine culture that spans many of France's famous regions, including nearby Beaujolais and the Rhône Valley.

BEACH VALUE Like Orlando?

Try Tampa, Florida

This coastal city in the Sunshine State may not deliver theme-park delights on the same scale as Orlando, but it does still deliver. Busch Gardens and Adventure Island offer family fun with rides and wildlife, and the fact that it's on the water adds another host of options for everyone.



Tampa, Florida



Lyons, France



Brisbane, Australia

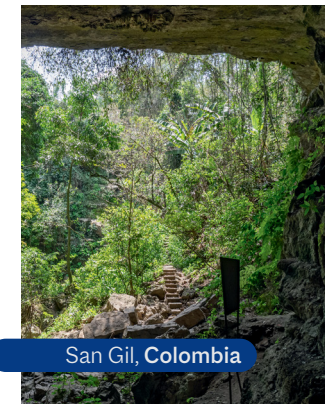
continued on next page



Naples, Italy



San Diego, California



San Gil, Colombia



Palawan, Philippines

NATURAL BEAUTY Like Bali, Indonesia?

Try Palawan, Philippines

Palawan's charms are considerable, not least for its comparatively reasonable prices, and when you factor in the lush landscapes and gorgeous unspoiled beaches—and lack of hustle and bustle—it's pretty much an ideal, and less touristy, escape. Great for snorkellers, scuba divers and beach lovers, with lagoons galore for exploring. The sunsets are stunning.

CULTURAL CITY Like Rome?

Try Naples, Italy

Rome is famous as Italy's capital and home to countless historical landmarks, but as an antidote to its congestion and vastness, Naples—approximately a two-hour train ride south—is like a compact but less overrun version. It's a little gritty, with vibrant street culture and nightlife, but the culinary scene—this is the home of Neapolitan pizza—is second to none. Naples is also a jumping-off point to the stunning Amalfi Coast and the archaeological wonders of Pompeii.

OUTDOOR/ADVENTURE Like Queenstown, New Zealand? Try San Gil, Colombia

Sharing Queenstown's thrill-seeking vibe, San Gil attracts travellers with water-based activities like rafting and kayaking, along with other adrenaline boosters like paragliding. Known as Colombia's adventure capital, it's renowned for caving, canyoning and hiking, too. There's an authentically local vibe here, and visitors like to dig deep into unique Columbian culture and cuisine.

URBAN VIBES Like Los Angeles?

Try San Diego, California

As an alternative to the intensity of Los Angeles's urban bustle and glitz, San Diego offers a more beach-centric experience, plus beautiful museums, wonderful dining—check out the historic Gaslamp Quarter—and attractions such as LEGOLAND and the famous San Diego Zoo. And San Diego's proximity to Mexico means the food is outstanding. You get more bang for your buck here, too.

A CAA Travel Consultant can help with your next vacation. It's easy to connect with a consultant at caask.ca/travel or call 1.800.564.6222.


PHOTOGRAPHS: (THIS PAGE FROM TOP) DAVID, MELISSA K SHARP, MARTIN VALIGURSKY; (OPPOSITE PAGE, CLOCKWISE FROM TOP) ALESSANDRO, IFEROL, R.M. NUNES, JILL GREER, ALL ADOBE STOCK




The Fall-Back Plan

Home maintenance and cleanup make for a smooth, cool autumn


WITH FALL JUST AROUND THE CORNER, it's time to put away the flip-flops, dust off your jacket and start getting your home ready for autumn. A little maintenance and cleaning now will best prepare you for—yes, it's coming too—winter.

 **Seems like it was just yesterday** that your lawn had its maiden cut of the season and the patio was set up. Now it's time to prepare your outdoor spaces for the coming cooler seasons. If you clean and prepare your lawn and garden now, it makes things that much easier for you when the real cold arrives. Here are some timely tasks for outdoors:

- Trim the grass, rake up the top layer of thatch and do not leave any clumps on the lawn.
- Dry off and pack up your yard furniture and store it in the garage or shed.
- Safely clear overhanging tree branches (contact your local municipal government for assistance if branches are near power lines).
- Ensure that your outdoor lighting properly illuminates your porch and walkways.

 **Seems like it was just yesterday** that you were throwing the windows open. Well, now it's time to make sure the heat stays in.

- Check for drafts by looking for cracks along the windows, sliding doors, skylights, walls, electrical outlets, vents, siding and shingles. Plug any drafts with caulk, weather stripping or insulation to reduce heat loss.
- If your home has a wood-burning fireplace, have it and the chimney cleaned; if you have a gas fireplace, get it cleaned and serviced. And make sure your furnace is working properly before the real cold weather arrives.

 **Seems like it was just yesterday** that you were unspooling the garden hose and dousing the flower beds. Water is a welcome element in summer when it comes to your lawn and garden. But the key is to keep the water outside, no matter the season. One of the most common home insurance claims is for water damage. Water can enter through your roof, sliding doors and windows or through cracks in the exterior walls of your home. Here are some tasks to help prevent water damage:

- Check the condition of all your pipes.
- Check and clean your backwater valves and/or sump pump.
- Remove fallen leaves and any other debris from gutters and drains.
- Check along the foundation of your home for any cracks.
- Shut off the water supply to outdoor faucets.

No matter what new season you're preparing for, it's always a good time to take stock of your insurance. And CAA Insurance has you, your home and your family covered. It's about complete coverage—all under one (non-leaky) roof.

Visit caask.ca/insurance to learn more.

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Vanishing Vehicles

Tips on how to drive away car thieves

By Dick Snyder

A CAR IS STOLEN every five minutes in Canada. This rate is at a historical high, according to insurance-fraud research group Équité. In February the federal government announced it is investing \$15 million to support agencies to combat auto theft in Canada.

Car owners can help, too.

Kristine D'Arbelles, senior director of public affairs at CAA, notes that there are steps you can take to reduce exposure to theft.

"When you are away from home, it's important to park in a well-lit area that is well trafficked and busy," she says. "At home, park indoors if you can. If you have two vehicles and a single-lane driveway, another solid tactic is to park the less valuable car, so that it blocks the more valuable one. Thieves look for opportunities, and the best move you can make is to not give them one."

HERE ARE SOME MORE WAYS TO THWART THEFT:



Park your car safely In addition to D'Arbelles's recommendations, consider installing a security camera system that covers your home's parking area. This can be both a deterrent and a source of evidence should your vehicle go missing.



Use anti-theft devices If your car has a wireless key fob, keep it away from your front door or use a Faraday box or an RFID key signal blocker, which ensures your key's signal cannot be detected by thieves. Visit your local CAA Store or check online at caask.ca/shop to purchase anti-theft devices.



Consider an immobilizer Look into a professionally installed after-market immobilizer—an electronic security device—or tracking device.



Lock doors and windows Always lock the doors—and close the windows and sunroof. Don't leave personal information or valuables in the vehicle, including your insurance and registration documentation. If somebody steals the vehicle, they will now have your name, your address and everything they need to potentially commit further crimes under your name.



Disconnect your car keys from your house keys Keep your house keys and car keys separate—that way, if your car is stolen with all your keys in it, the security of your house doesn't become part of the equation.



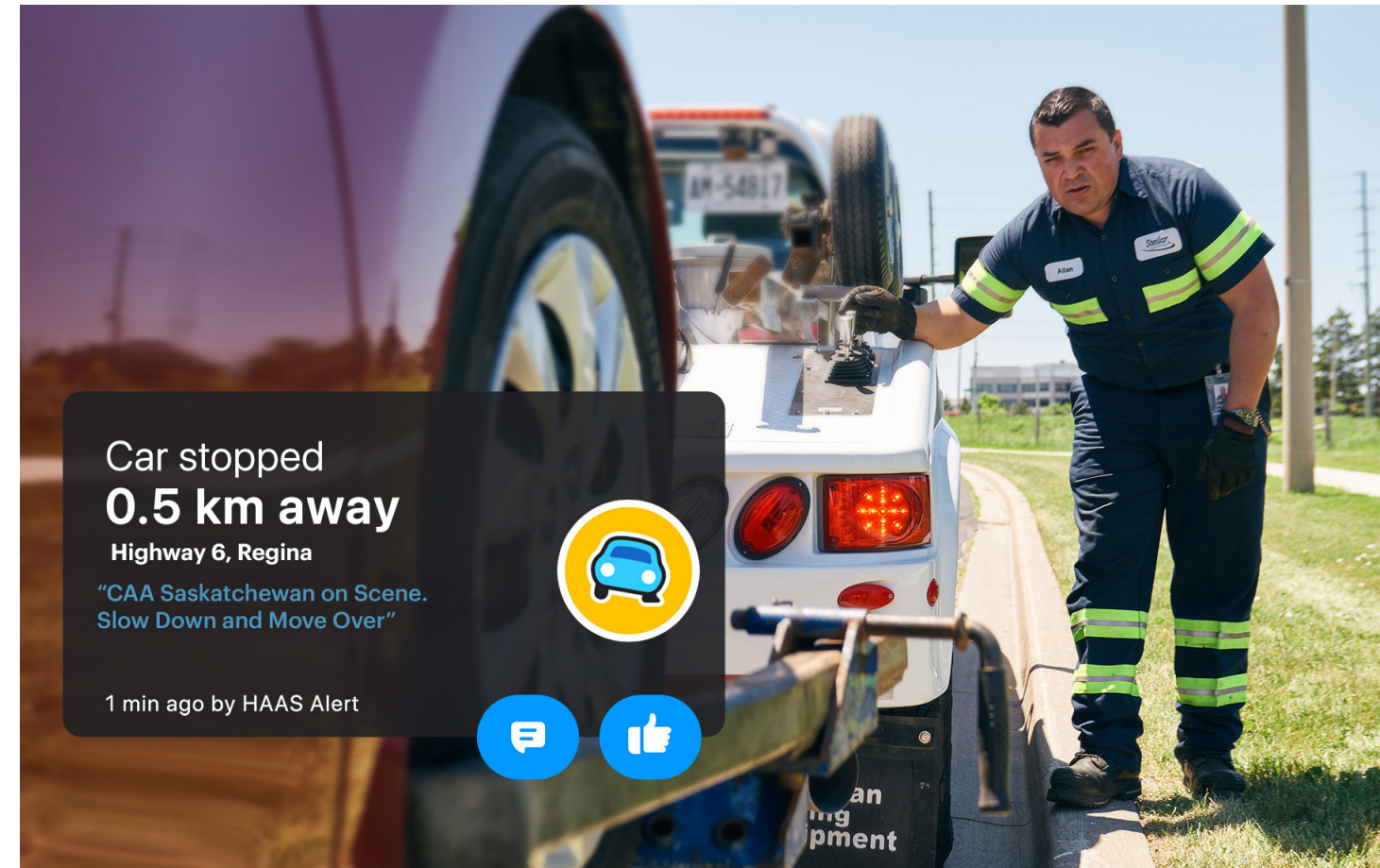
Your Car is Gone. What to Do?

Report the details of the theft to the police immediately. You can usually file a report online or contact your local police station to do so. The police will need specific information to identify the car, parts and accessories, including:

- year and make, model, colour(s)
- licence plate number
- insurance policy number or certificate number
- location of the theft incident
- vehicle identification number
- serial numbers of all special equipment
- special markings such as dents, scratches, other damage, etc.
- contact information for any witnesses

After calling the police, contact your insurance company. They will require similar information and help guide you through the next steps.

Visit caainsurancecompany.ca/blog/rising-car-thefts-signal-its-time-for-us-all-to-step-up-our-defence to learn more about auto theft. And see caask.ca/insurance for more information on CAA Insurance.



Life-Saving Alert

IF YOU RELY ON AN APP to help you navigate traffic and let you know when you've reached your exit, you may have received a different type of alert recently—one that can help save lives.

In 2023, CAA Saskatchewan partnered with HAAS Alert, a company that uses real-time vehicle data to provide alerts to drivers. This partnership means a new type of safety message, called Safety Cloud® by HAAS Alert. It reminds drivers to slow down and move over as they approach a stranded vehicle or a CAA rescue vehicle at work.

HERE'S HOW IT WORKS

When a CAA Member is stranded, Safety Cloud can send an alert to cars approaching the stalled vehicle. The alert is also pushed out to cars passing a CAA rescue vehicle from the Regina fleet that has stopped to help. "When the tow operator arrives on the scene and activates the beacon lights of the service vehicle, the alert gives the public a 30-second warning of their presence at the scene," says Dave Wiwchar, manager of fleet operations at CAA Saskatchewan.

The Safety Cloud alert is available via popular traffic apps, including Waze, Apple Maps, and Stellantis navigation systems in many Dodge, Chrysler, Ram, Alfa Romeo and Jeep vehicles—and it's already proving to be effective. "Since April 2023, 120,021 drivers have been alerted to our presence on the side of the road," notes Wiwchar.

This potentially life-saving reminder protects stranded drivers and roadside responders who risk their safety each day to help others. Across North America, more than 100 tow truck drivers have died in the last decade from being struck by oncoming traffic while helping stranded motorists with flat tires, breakdowns and collisions. That's why the Slow Down Move Over law requires drivers to slow down (to 60 kilometres/hour on Saskatchewan highways) and, if safe, move over one lane when approaching a stopped emergency vehicle, including tow trucks with flashing lights. Alert or no alert, it's the law.

Visit caask.ca/slowdownmoveover to help keep everyone safe on the roads.

PHOTOGRAPHS (THIS PAGE) GEARGOODZ/ADOBE STOCK; (OPPOSITE PAGE) COURTESY OF CAA. ICONS: COURTESY OF GOOGLE FONTS



Notice of Annual Meeting of Members

October 25, 2024

Notice is hereby given that the Annual Meeting of Members of CAA Saskatchewan is scheduled to be held at The Hotel Saskatchewan, Autograph Collection, 2125 Victoria Avenue, Regina, Sask., at 11 a.m. on October 25, 2024.

The purpose of the meeting is as follows:

- To consider and approve financial statements of the Club for the fiscal year ending on July 31, 2024, and the Auditor's Report thereon.
- To elect Directors.
- To appoint Auditors and authorize the Directors to fix the Auditors' remuneration.
- To transact such further and other business as may properly come before the meeting or any adjournment thereof.

Members who are unable to attend the meeting in person are encouraged to sign the instrument of proxy below, scan, and return same via email to notify@caask.ca or mail to: **Returning Officer, CAA Saskatchewan, 200 Albert Street North, Regina, SK S4R 5E.** Proxies must be returned no later than the close of business on Oct. 23, 2024, in order that your votes as given may be recorded.

—By Order of the Board

INSTRUMENT APPOINTING PROXY 2024 Annual Meeting of Members Solicited by Management

The undersigned, a Member of CAA Saskatchewan, appoints Richard G. Ahenakew, Chair of the Board of CAA Saskatchewan, or failing him, Christian L. Braid, Vice-Chair of the Board of CAA Saskatchewan, or failing him, a Director of CAA Saskatchewan designated by the Board of Directors, or in lieu of the foregoing: as nominee of the undersigned to attend and act at the Annual and General Meeting of Members of CAA Saskatchewan to be held on the 25th day of October 2024 at The Hotel Saskatchewan, Autograph Collection, 2125 Victoria Avenue, Regina, Sask., at the hour of 11 a.m. and at any adjournment thereof, in the same manner, to the same extent and with the same powers as if the undersigned were present in person at the said meeting or such adjournment thereof.

DATE (DD/MM/YY)

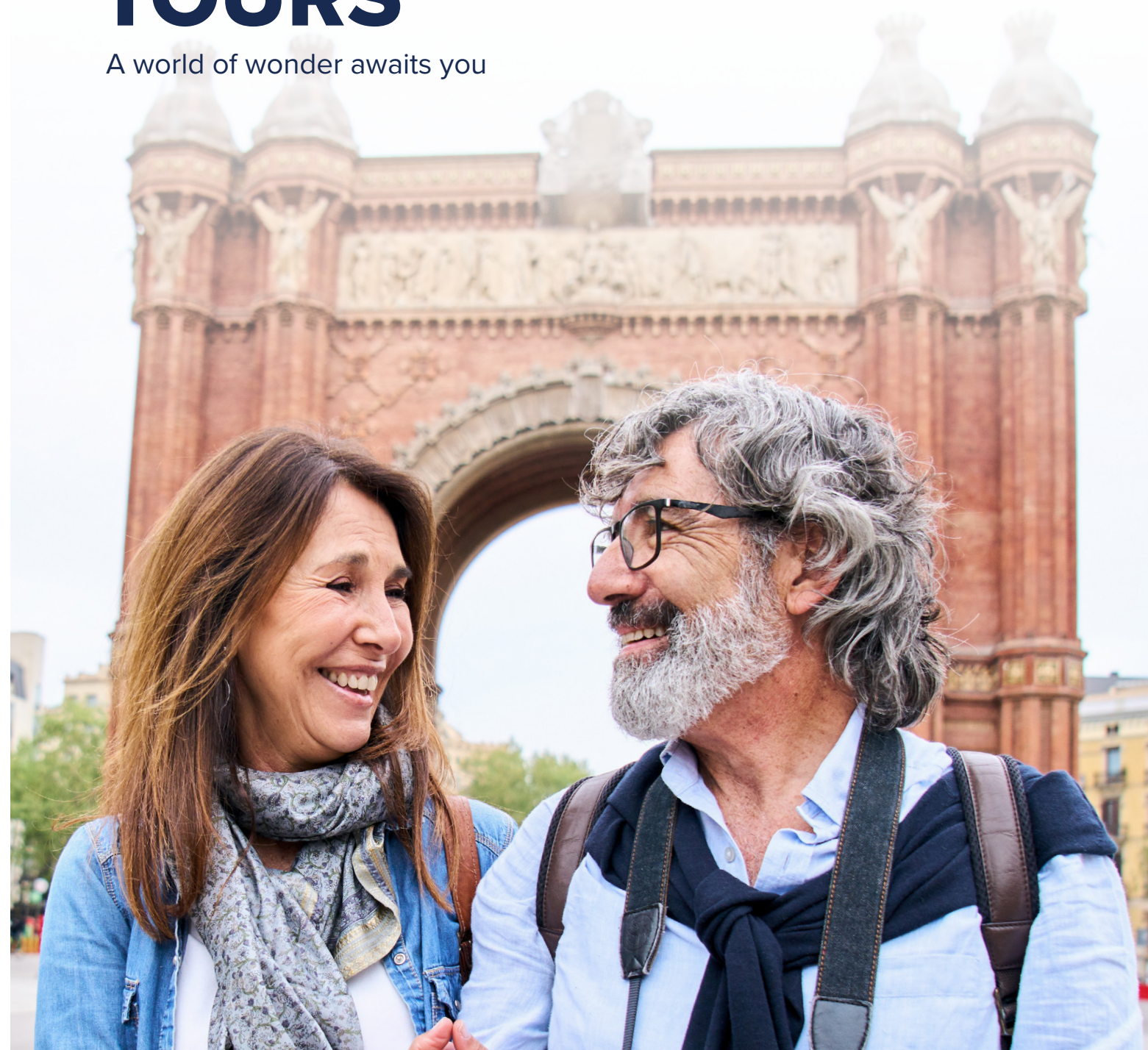
SIGNATURE OF MEMBER

MEMBERSHIP NO.

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WHERE IN THE WORLD?

Stone Age

Best visited in the late afternoon or early evening, this provincial historic park south of Moose Jaw features 364 petroglyphs of human feet, hands, faces, animal tracks and more. The sandstone carvings at this unique archaeological site are thought to date as far back as circa AD 500 to 1700.

PHOTOGRAPH: KRISTY POM



Think you know where this is? Send us a note at caa.magazine@caask.ca with your guess for your chance to win a Safe to Go Roadside Kit. Check out caask.ca/shop or visit your local CAA Store for a selection of merchandise.

Our summer edition's Where in the World? was Little Manitou Lake, southeast of Saskatoon, which is known for the buoyancy and healing qualities of its mineral-dense saltwater. This fall issue's location will be revealed in the winter 2024 edition. Learn more at caask.ca/where-in-the-world-contest.

ADVERTORIAL

Wax In, Wax Out

Ear wax keeps our ear canal lubricated and protected, but buildups can cause issues like temporary hearing loss and discomfort. Here are the facts on ear wax: the good, the bad and the blockages.

When the topic of ear wax comes up, it's usually characterized as an annoyance. There's too much of it; it's causing problems; it needs to go. But ear wax serves an important function, working away quietly to coat and protect the ear canal from water, dust and other irritants. However, it is possible—and extremely common—to have too much of it. Here's everything you need to know about identifying ear wax buildup and how best to resolve it.

Cleaning the ear

Let's begin with a likely familiar refrain: resist the lure of the cotton swab. It may feel divine to twirl it around in there—lots of nerve endings reside in the ear—but experts advise against it for several reasons. First, you risk damaging the inner ear if you go too far. Second, swabbing away the ear's waxy defenses can cause irritation and infection. The ear is self-cleaning and the presence of wax is healthy. Go no further than wiping the visible outer ear (known as the pinna) with a damp cloth or tissue.

Dealing with buildup

Ear wax buildup and blockages are very common, caused when excess wax hardens in the ear. Some individuals are prone to produce more ear wax than others. Wearing ear buds too often can inhibit the ear's natural self-cleaning function, as can hearing aids. Ear wax buildup or blockage is the top reason individuals experience hearing loss, so be sure to tune into these symptoms:

- Low, persistent ringing
- Sounds are muffled or as if underwater
- Earache or pain in the ear or neck
- Feeling of fullness in the ear canal

- Save up to \$1,900 on a pair of Select level hearing aids*
- 15% off everyday listening products
- 5 years of free batteries with hearing aid purchase

*Private clients only. Cannot be combined with any other offer, rebate or previous purchase and is non-redeemable for cash. Save up to \$1,900 on a pair of Select level Sonova hearing aids; 15% off Advanced level (excluding Phonak Audéo Sphere™ Infinio hearing aids); and 10% off Standard level hearing aids with a valid CAA Membership. This offer is a tiered rebate determined by which level of Sonova Hearing Technology purchased. Offer not applicable to Hearing Care Plan. Offer expires April 30, 2025. Lyric, Bone Anchored Hearing Solutions, Econo aids, Non Sonova and AB products excluded. See clinic for details.

When to see a doctor

If you are a person who produces a lot of ear wax, have your doctor take a look at your annual check-up. Those with hearing aids will require routine preventative checks and cleanings from a Hearing Care Professional. If you suspect a buildup or blockage, see a Hearing Care Professional; taking a DIY approach can lead to infection. Significant pain, hearing loss and draining from the ear can all be signs—you'll need to see a medical professional as soon as possible in that case.

Staying on top of your ear health can help maintain your hearing and your overall well-being. If you feel your hearing has changed, book a free hearing test today.

Visit connecthearing.ca/CAA or call 1.888.486.0177.



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