

CAA

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- Innovations in Auto Safety
- Learning Indigenous Languages
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WINTER 2024

A TROPICAL TRIP TO Tobago





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ROAD MAP

WINTER 2024

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PHOTOGRAPH: JAVO IMAGES/ADOBE STOCK

Riisitunturi National Park, Finland





Celebrating 50 years of CAA Insurance

This year, CAA Insurance is celebrating a major milestone: **50 years in business.**

We've accomplished a lot to be proud of in the past five decades. What was once only available to CAA Members in Ontario has now spanned across seven provinces, and has even been named Canada's best auto and home insurance provider by Forbes Magazine. That's all thanks to our commitment to being a different kind of insurance company – one that puts people first.

As we look back on our proud history, we want to thank all our Associates, Agents and Brokers for working tirelessly to deliver unmatched service, and most of all we thank our customers for being part of this journey so far.

We can't wait to see what the next 50 years will bring. Learn more at CAAInsuranceCompany.ca



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Now's the time to plan your winter vacation

HELLO VALUED CAA MEMBERS!

Traditionally, at this time of year, when we bid farewell to fall and prepare to welcome winter, we turn into couch potatoes and reflect on how nice it would be to go on a vacation. But, if you are like me, you may need some help deciding on where to go – and also some good advice on all of those important travel details, such as flights, accommodations and insurance.

No need to worry about the ins and outs of planning your trip, thanks to the expertise of CAA Travel Consultants, right here in Saskatchewan. The [CAA Travel](#) team can help with everything, including tickets to local attractions at major entertainment hubs, like Disney World, Disneyland and Universal Studios. Whether your plan involves a Christmas market tour, an all-inclusive resort or perhaps a getaway to a sunny destination – be it Tobago (be sure to read “Escape to Tobago,” on page 28), Barbados, Jamaica, Mexico, Florida or Hawaii – leave the research and planning to CAA Travel Consultants. Because they have travelled to many popular destinations and work closely with top-notch international flight, cruise and tour partners, they can provide solid advice that will enhance your vacation experience.

Meanwhile, did you know you can have your passport photo taken at any CAA Store in Saskatchewan – and enjoy Member-exclusive pricing as well? You can also purchase travel insurance ([Members save 10 percent](#)) through your CAA Travel Consultant, so you and your loved ones are covered throughout your trip.

And here's another insider tip, CAA Saskatchewan owns and operates [WestWorld Tours](#), Western Canada's premier motorcoach travel company, which serves Canadians from coast to coast in North America and around the world. In January 2025, WestWorld Tours will be celebrating a milestone – [25 years](#) of providing exemplary escorted travel with professional tour directors. Connect with your local CAA Travel Consultant for details on any of the many other exciting adventures offered by WestWorld Tours.

Preparing for that long-awaited winter vacation? Check out “How to Deal with Jet Lag” (page 15) to pick up vital tips and strategies from health and travel experts, so that you can spend more time enjoying your destination and less time recovering when you return home.

Enjoy this issue of CAA Saskatchewan Magazine and thank you for your CAA Membership. Safe travels! **CAA**



Richard G. Ahenakew
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Simple yet quite sophisticated, this versatile and stylish earring set embodies everything you love about fashion. Hand-crafted and expertly sculpted of solid sterling silver, the two sets of earrings include one pair with 18K gold plating and one enhanced with a fine layer of rhodium plating for maximum shine and beauty. With their sleek shape and one-piece design, the earrings are not only fashionable, they're a breeze to wear. Without a classic back closure, the pairs maintain their elegance and even add an element of ease—they slip on and slide off with one fluid motion! But not to worry, they will stay put due to their subtly sinuous form, reminiscent of their namesake dewdrop.

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Member Story



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.

On ice: The Columbia Glacier in Prince William Sound, on Alaska's southern coast.

HOW CAA SAVED MY VACATION

I booked a WestWorld bus tour to Yukon and Alaska through my local CAA office, it was the trip of a lifetime. I've experienced the Rockies in both Canada and the United States, but I was overwhelmed by the vast northern mountain ranges.

Not long after meeting the other passengers and getting on the bus, I started to panic because I couldn't find my passport! My wonderful tour director, Kari Carpenter, reassured me that the CAA staff would have it all sorted out.

Tom Brothwell, the Prince Albert CAA Store manager, worked overtime to find a way to get my travel documents to me before we crossed into the United States. He phoned me several times and carefully explained that a commercial courier could not guarantee that I would get my passport on time. But the CAA Travel team kicked into high gear and came up with a plan that allowed me to sleep easy that night. Judy Anderson, the house coordinator at the Abbeyfield House senior citizens' centre where I reside, got the documents from my bedside table where I had stored them. Then, my sister drove my papers to Saskatoon where another travel director, Koral Hrominchuk, picked them up and brought them to Edmonton along with another tour group.

Until then, I stayed with my brother. We had a lovely visit and took a couple of sightseeing trips around Edmonton on the new light rail transit train. Once my documents arrived, I flew Air North to Whitehorse with a ticket arranged by Tom. That evening, I was reunited with Kari's tour group and able to enjoy the rest of the trip.

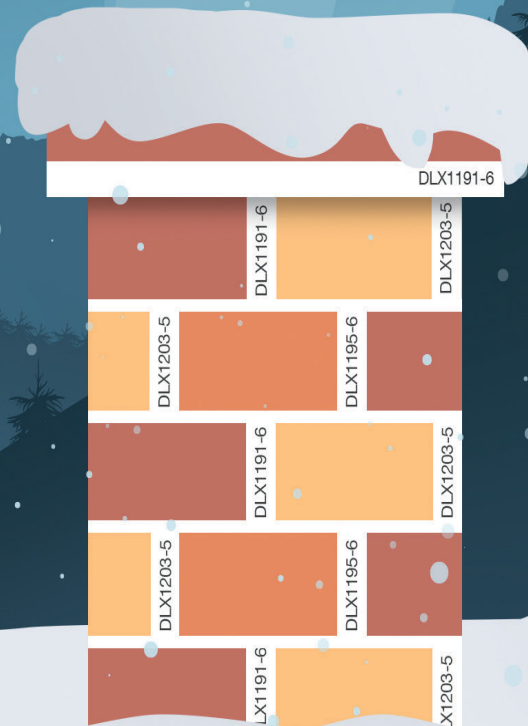
I really didn't miss those four days of the tour from Edmonton to Whitehorse because the bus covered the same route on our way home. Kari made sure that I had the best photo ops on that homeward-bound leg of the trip. What great support! I will be forever grateful to the CAA Travel team for providing me with the trip of a lifetime despite my forgetfulness. For many years, I'd benefited from CAA Roadside Assistance, but I can no longer drive. Now I have experienced the care and professionalism provided by CAA and WestWorld Tours.

—Ruth G.

This column first appeared in the August 1, 2024, edition of the Prince Albert Daily Herald.



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RADAR



If you love the outdoors in winter — crisp, clean air, pristine snow, the surreal feeling of being on frozen water — ice fishing could be for you.

Reeling in the Fun

Have hut, will fish. Check out a winter pastime that's off the hook. | *By Dick Snyder*

ICE FISHING may not be an exclusively Canadian winter pursuit, but it's pretty darn close — close enough that we may as well claim it as our own. Ice fishers across the country are passionate about this winter activity, and for good reason. Come winter, we swap the screened-in gazebo for an ice hut — or similar shelter — and create the memories with our friends and families that last a lifetime. We also catch a lot of fish. Want to get in on the action? Here's how.

WHERE TO LAND A BIG ONE

World-record-sized walleye come from Tobin Lake, but locals also love this lake for perch, pike, burbot, whitefish and goldeye. And as a bonus, it's not unusual for anglers to catch the occasional sturgeon. For insights from dedicated locals, check out Matity's Get Fishing at getfishing.ca, where Jeff and Jason Matity share tips and

secrets about ice fishing in their beloved province.

PACK RIGHT

A pleasant and comfortable day of ice fishing depends on preparation. You can fish with little more than a stool and a rod (and bait, of course), or you can go full on with a fully furnished cabin — or even a purpose-built ice-fishing vehicle with an open floor. But if you're a newbie, here are some things you'll definitely need:

- fishing licence
- layers of clothing
- hot drinks or soup in an insulated container
- rod, tackle, bait and an auger
- gloves (at least two pairs)
- hand warmers
- snacks and more snacks
- battery booster (you never know)

SAFE ON THE ICE

Make sure the ice is thick enough to support you (and whatever you have with you) before venturing out — and always let someone know where you are going. Check with other anglers to get their expert opinions about ice conditions, especially if you are unfamiliar with the area where you intend to fish. Because ice does not freeze at uniform thickness, its strength can vary. Follow these basic guidelines to determine if you will be safe on the ice.

ICE THICKNESS = SAFE FOR

- 10 cm = a person
- 20 cm = a snowmobile
- 30 cm = a car (2 tonnes)
- 30+ cm = a heavy truck



Visit caask.ca/insurance to learn more about insurance coverage.

THE LOCALER

It Takes a Village

Hope's Home, founded by paediatric nurse and CAA Member Jacqueline Tisher, provides a vital resource for kids with special medical needs and their families.

AFTER HER DAUGHTER, Acacia, was born with spina bifida and hydrocephalus, paediatric ICU nurse Jacqueline Tisher was inspired to become a foster mom, and in 2003 Hope Dawn Marie came into their lives. Hope lived only 10 months, during which time Tisher recognized how difficult it was for parents like herself to find appropriate child care and decided to do something about it. "I think we spent seven months out of her first year in and out of the hospital, and having that experience with Acacia [and Hope] made it a personal passion," Tisher says.

That passion inspired her to found Hope's Home in 2005, in Regina — an early-learning and child-care centre for kids with complex medical needs. The program has since grown to a network of daycare, supportive living and palliative care, as well as before- and after-school programs serving more than 500 children in Regina, Warman, Prince Albert and Saskatoon. "Hope's Home gives families and parents that opportunity to live somewhat of a normal life, and to know their child's nursing needs are going to be met, so they can maintain their employment or even just get a break during the day," Tisher says. "It takes a village to raise a child, and the village for a child with complex medical needs is massive. Hope's Home wants to be there to support that family and those parents, so they can be mom and dad."

—Jeremy Freed



Jacqueline Tisher set up an early-learning and child-care centre to support families of children with complex medical needs.



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

Safe to Go Roadside Kit

Tackle anything and everything you encounter on the frozen freeways with this roadside kit that includes the winter essentials — hand warmers, a fabric blanket and a collapsible shovel. It also comes with a 19-piece first aid kit, 10-gauge booster cables and an LED flashlight, among other items that can prove invaluable on winter roadways.



Hit the brakes.

Shop at caask.ca/shop and save on this kit and other items.



PHOTOGRAPHS (FROM TOP) COURTESY OF JACQUELINE TISHER; COURTESY OF SAFE TO GO

PHOTOGRAPH: FTIPHOTO/ADOBE STOCK



Balboa Park is an urban cultural oasis featuring themed gardens, museums and theatres, as well as the 100-acre San Diego Zoo..

10 Things to do in...San Diego

By Leah Rumack

ONCE THOUGHT OF as a sleepy beach town, San Diego has become one of the most popular travel destinations in the U.S. This is thanks to the vibrant food scene, a walkable downtown, year-round sunny and warm (but not too hot!) weather and its totally laid-back vibes. Maximize your visit with 10 requisite to-dos in this city dripping in SoCal cool.

STAY IN A HIP HOTEL The Kimpton Alma is a boutique hotel located in a stylish neighbourhood between Little Italy and the historic Gaslamp Quarter. The Alma showcases custom décor inspired by the city (think graffiti-style murals and Mexican-inspired textiles) and three restaurants — the party-ready rooftop bar Leave of Absence, the full-service Desmond and a casual café.

VISIT BALBOA PARK This 1,200-acre park isn't just an enormous green oasis of multiple individual gardens. It also houses the famous non-profit San Diego Zoo Wildlife Alliance and museums galore (20 in total), including the Comic-Con Museum for pop-culture buffs and the San Diego Museum of Art, with its expansive collection of Spanish and Italian old masters.

DINE IN LITTLE ITALY While there's no shortage of good eats in San Diego, this

neighbourhood is chockablock with some of the city's most-talked-about restaurants, including Herb & Wood, Juniper and Ivy and Born and Raised.

CATCH SOME MUSIC AT THE RADY SHELL Opened in 2021, this acoustically sophisticated waterfront concert venue is the summer home of the San Diego Symphony and is also a regular tour stop for top pop acts.

DRINK CRAFT BEER Boasting more than 150 breweries plus countless brew pubs and tasting rooms, San Diego has become a major draw for hop heads. It's near impossible to choose, but the female-owned-and-operated Mujeres Brew House or the iconic The Church by The Lost Abbey are good places to start.

GO SHOPPING IN NORTH PARK This trendy neighbourhood is full of indie boutiques, especially along 30th Street. Check out Pigment for fun, unique home goods and gift items, Mila North Park for stylish women's clothing and Day to Day Vintage for a next-level thrift-shop experience.

GO TO THE BEACH Take your pick from 70 glorious miles of coastline, but head to Coronado Beach if you want to catch a glimpse of the glamorous Hotel del

Coronado, featured in the 1958 Marilyn Monroe movie *Some Like It Hot*.

TAKE IN A GAME AT PETCO PARK You don't need to be a baseball fan to appreciate the beautiful home of the Padres, with its impressive view of downtown San Diego. It's also a great place for sampling food and beers from a long list of local hot spots with outposts here.

SEE ART OUTSIDE Check out the largest collection of Chicano murals in the world — take a stroll through Chicano Park in the heart of Barrio Logan, the city's oldest Mexican-American neighbourhood.

EAT CHIC Snag a reservation at the upscale Asian-fusion restaurant Animae while you still can! In April 2024, executive chef Tara Monsod was named a finalist for a prestigious James Beard Award, the first time in its 34-year history that a San Diego chef made the list.



Connect with a trusted CAA Travel Consultant to help plan your San Diego adventure. caask.ca/travel.



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4 Ways to Beat Jet Lag

Make the most of your vacation time by arriving refreshed and ready to go.

By Rhonda Riche

JET LAG IS SUCH A DRAG. You've planned every moment of your vacation, and yet, the only thing you want to experience on arrival is the bed in your hotel room.

When we cross time zones, our natural circadian rhythms — the physical, mental and behavioural changes our bodies typically experience over a 24-hour cycle — get out of whack. This results in one or more of the following — low energy, trouble sleeping, crankiness, gastrointestinal upset, lack of appetite and brain fog. Jet-lag symptoms can be inconvenient when you're on vacation *and* when you return home. But with some planning, there are ways to fend them off.

Ralph Mistlberger, an expert in behavioural neuroscience and a psychology professor at Simon Fraser University in Vancouver, has been studying circadian rhythms for more than 36 years. Here are his tips to help your body adjust more easily, no matter where you land.

SHORT TRIPS: DO NOT ADJUST YOUR WATCH. Mistlberger, who has provided travel advice to professional sports teams such as the Vancouver Canucks and San Francisco's Golden State Warriors, guides players travelling short distances for just a day or two to stick to their home schedule. So, if you're based in Toronto and visiting Edmonton, stay on Toronto time for your meals and bedtime.

LONGER TRIPS: PLAN AHEAD. More planning is involved for longer trips. Generally, it takes a day to recover for every time zone you cross en route. For example, after a flight from Montreal to London, England, you might need five days to recover from the time lag.

To help your body adjust, Mistlberger advises shifting your schedule about three days before a big trip. If you are travelling east to west, wake up later and stay up an extra hour before travel. If you're travelling west to east, wake up and go to bed



To help with jet lag on short trips, experts recommend not to adjust your watch and to keep meals and bedtime on home time.

an hour earlier. Visit the website jetlagrooster.com, which helps travellers adjust sleep schedules before heading to a new time zone.

HIT THE GROUND RUNNING. If you're arriving during the day, fight the temptation to nap after checking into your hotel, says Mistlberger. If you stay up (and take advantage of the daylight hours to sightsee), you're more likely to fall into a deep and restful sleep on that first night.

“When we cross time zones, our natural circadian rhythms — the physical, mental and behavioural changes our bodies typically experience over a 24-hour cycle — get out of whack.”

GET OUTSIDE. Exposure to daylight helps your body adjust to a new time zone, so try to spend some time outside at your destination, advises Mistlberger. In winter, when there's less light and time spent outdoors, your recovery may take longer. Portable devices that use light therapy can help recalibrate your circadian rhythms. Or visit timeshifter.com for light-exposure advice and a customizable jet lag plan. After all, that anticipated dream trip is something you should experience while wide awake. **CAA**



A **CAA Travel Consultant** can help you plan ahead for your next trip. It's easy to connect with a consultant at caask.ca/travel. Or call **1.800.564.6222**.

PHOTOGRAPH: ELVA Q/ADOBE STOCK

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BREAK THE ICE

Get your vehicle winter-ready with WeatherTech®

By Alexis Ramlall

Set yourself up for success on the road this season and prepare your car before the snow falls.

Tires

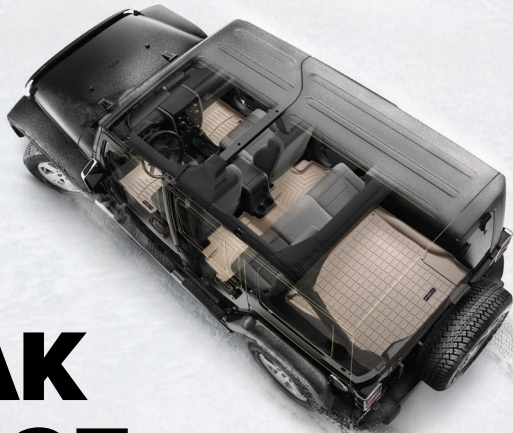
All-season tires are no match for Canadian winters. Winter tires, made with a specially formulated rubber composition to stay soft and pliable in freezing temperatures provide the right amount of traction, braking and handling with their tread depth and pattern grooves, so you can take on the icy roads and slippery slush.

Windshield Wipers

Visibility on the road is important all-year round, but especially in winter when dark, cloudy or snowy conditions are common. Once your wiper blades start to create streaks on your windshield, it's time to replace them.

Batteries and Charging System

Low temperatures can impact your vehicle's battery, while heaters and defrosters put stress on the charging system. Avoid needing a boost this winter by getting both inspected.



Interior Protection

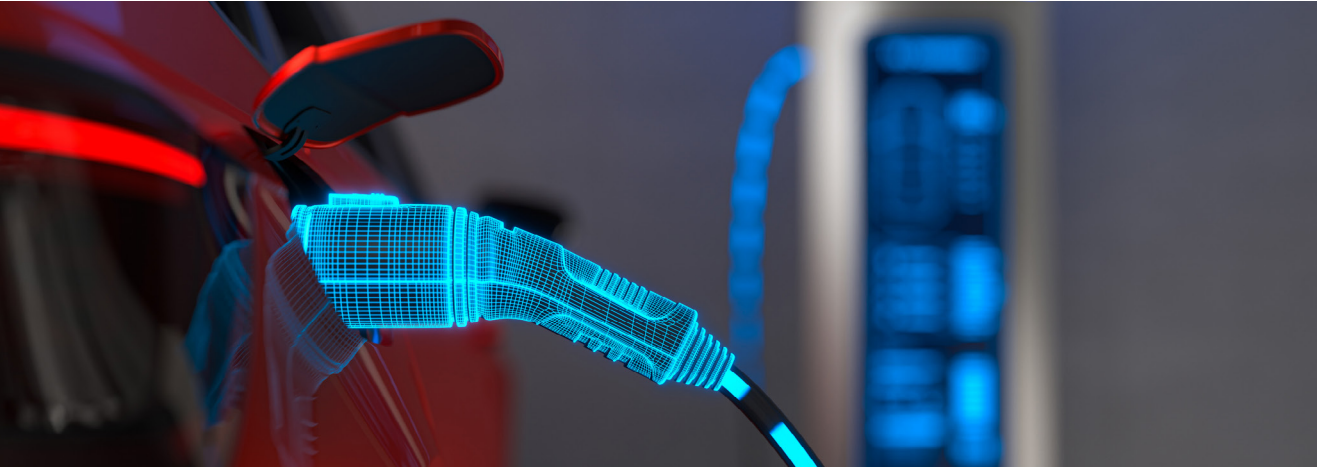
When winter is all said and done, cleaning your vehicle's carpets can be a tough task. Investing in quality floor protection can lighten the load by preventing road salt stains and potential mould growth caused by soaked carpets. Protect the floor of your vehicle with the laser-measured WeatherTech® FloorLiner™ or FloorLiner™ HP.

Made from a durable high-density material, the FloorLiner™ is compatible with the vehicle's existing floor-mat retention hooks. It also features channels that redirect ice, slush and melted snow into a lower reservoir, minimizing fluid movement and keeping your boots dry. The FloorLiner™ HP offers the same features and protection as the original FloorLiner™, but it's made from a softer rubber-like material and includes anti-skid nibs on the bottom to help further minimize movement. The Cargo Liner offers similar protection to your trunk's interior and features a textured finish to keep cargo from shifting.

All FloorLiners and Cargo Liners are laser-measured to give you the perfect fit and have a lifetime warranty to protect your car's interior carpet through even the harshest of weather conditions.

Ready for Winter? Prepare your car for the season and visit [WeatherTech.ca](https://www.weathertech.ca) to find your fit.

WeatherTech®



Thinking Plug-in Hybrid?

Niche vehicles can be a good choice for a specific type of driver. Here's how to determine if that driver is you.

By Matt Bubbers

ACROSS CANADA, plug-in hybrid electric vehicles (PHEVs) have become increasingly popular, representing a very small but growing share of the market. They offer a middle ground between battery electric vehicles (BEVs), which are fully electric, and internal combustion engine (ICE) vehicles.

Unlike regular hybrids, plug-in hybrids can and should be — you guessed it — plugged in. Doing so is the best way to recharge the high-voltage battery. Running on electricity alone, PHEVs typically have a driving range of anywhere from 30 to 70 kilometres. After that, an onboard combustion engine will kick in to get you the rest of the way. Combined gas and electric driving range can be more than 800 kilometres.

For a specific type of driver, the PHEV can be a good choice. PHEVs are good for drivers who are looking to buy a cleaner vehicle but, for a variety of reasons, aren't quite ready to make the jump to a BEV.

When evaluating whether a PHEV is right for you or not, consider the total cost of ownership and carefully weigh the pros and cons based on your needs and how you use your vehicle. Here are some things to consider.

PROS

- typically cheaper to purchase than a comparable BEV
- lower fuel costs than a comparable ICE vehicle, if plugged in often and driven in electric mode
- low emissions when running in electric mode
- can offer BEV's rapid acceleration and “peppiness,” thanks to the electric motor
- allowed, in some provinces, to access high-occupancy vehicle (HOV) lanes regardless of the number of passengers onboard
- eligible for federal and provincial rebate programs for zero-emission vehicles
- a good solution for drivers who must occasionally travel long distances to areas where there are no EV charging stations

CONS

- typically more expensive to purchase than a comparable ICE vehicle
- higher fuel costs than a comparable ICE vehicle, if rarely plugged in and running on gas
- high emissions when running on gasoline, since the battery, once depleted, is added weight
- work best if you have a place to recharge them overnight or at work
- found by *Consumer Reports* to be, on average, less reliable than BEVs or ICE vehicles
- much less electric driving range than a BEV, plus the added hassle of plugging in and refuelling **CAA**



Questions about vehicles? Visit caask.ca/automotive/repairing-maintenance to find out more about CAA's Approved Auto Repair Services™ (AARS).

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PHOTOGRAPHS: (FROM LEFT) COURTESY OF BEPPI'S GELATO; COURTESY OF NAOMI HANSEN; COURTESY OF ODD COUPLE

What's Your Favourite...?

Author and CAA Member [Naomi Hansen](#) dishes on dream road trips and the ultimate winter comfort food.

By Nicole Keen



Beppi's Gelato is author Naomi Hansen's stop for handmade frozen treats, baked goods and specialty Italian grocery items.

IF YOU'RE LOOKING for somewhere great to eat, ask Naomi Hansen. In her first book — *Only in Saskatchewan: Recipes and Stories from the Province's Best-Loved Eateries* — Hansen shares tasty recommendations in her hometown of Saskatoon and beyond. For her next project, tentatively called *Building a Sustainable Kitchen: A Journey from Why to How* (spring 2026), she's looking at just how much good food goes to waste — and exploring ways to reduce her carbon footprint.

Who inspires you as a writer?

One of my long-time favourite bloggers is Angela Liddon of *Oh She Glows*. I have all her cookbooks and I use lots of her recipes regularly.

What are some of your favourite restaurants in Saskatoon?

Odd Couple is a family-owned restaurant that serves Cantonese, Vietnamese and Japanese dishes. Another favourite is Picaro, which is Latin- and Mexican-inspired cuisine. Last but not least, is Beppi's Gelato, an artisanal, small-batch gelato shop.



Where are you planning to go on your next road trip?

I really want to do the Maritimes. I love seafood, so the East Coast is on my list for sure.

What meal do you like to prepare for guests?

My go-to is charcuterie. It's such a crowd-pleaser and it's minimal prep, minimal cleanup. I like to go to the Bulk Cheese Warehouse and a butcher shop called the Pig & Pantry for supplies.

What's the most interesting thing you've learned while researching your new book?

In 2022, [the campaign] Love Food Hate Waste Canada calculated that the average Canadian household throws away \$1,300 of food every year, and with the rising cost of food, that number is probably even higher now. If you reduce your food waste, you'll also save money!

What's your ideal comfort food?

Hearty homemade soups and stews — a hundred percent.

Like so many people, you got a puppy during the pandemic. Do you love being a dog mom?

I work entirely from home and the best thing is having Rue there all the time. She'll come hang out in my office or I can take her for a walk in the middle of the day. Sometimes, we'll stop at Beppi's and get a little cup of gelato to share. **CAA**

“
If you
reduce your
food waste,
you'll also
save money.”



A bento box lunch at Saskatoon's Odd Couple.

If you were in a movie,
this is the part where
they'd put the epic music.

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PHOTOGRAPH: AMY THORPE

Yukon
LARGER THAN LIFE

A Warm Welcome

For more than four decades, the Saskatoon Open Door Society has been helping new Canadians start over.

By Sarah Laing

IN 1980, A SMALL GROUP of Saskatoonians came together to support the refugees arriving in their city as a result of the Vietnam War. Operating out of borrowed spaces, these volunteers began offering English lessons, legal advice and even prenatal classes for the newcomers. Now, nearly 45 years later, the Saskatoon Open Door Society (SODS) has expanded far beyond those humble beginnings, with a current staff of over 200 and a track record of helping new immigrants from more than 170 countries.

The mission remains the same: supporting new Canadians as they navigate the challenges that come with starting a new life in a new country.

"Imagine moving to another country with a different language and a different culture," says Ali Abukar, who has been SODS's chief executive officer since 2015. "You'd probably need the same kind of support — how to rent a place, where to go for essential services [or] opening a bank account."

While needs vary from person to person, the non-profit has a variety of programs to help newcomers integrate with ease. It also provides language training and workshops on writing resumés and professional networking. For those with kids, support workers assist with school registration, and child-care centres can offer care in a multicultural environment.

"We provide services across the spectrum," Abukar says, adding that some newcomers just need to be pointed in the right direction for information, while others might need to be connected to support services within the community.

For Abukar, the best part of the job is seeing the success stories SODS has been a part of, whether that's hitting seemingly



Ali Abukar, who was a refugee himself and has a master's degree in social work, takes pride in his role as chief executive officer of SODS.

small milestones like enrolling kids in school or opening a bank account, or bigger goals like mastering a second language to the point where parents can attend a parent-teacher conference without needing an interpreter.

"Some of our staff came here as young children with their parents and grew up, went to university and are now working with us as front-line staff. We also have people on our board who were supported by the organization in the past," says Abukar, referring to the full-circle nature of those involved with SODS, some of whom have reached out to share how the organization shaped their life story.

"It was really amazing to hear people talk about how our different areas of programming had an impact on their lives, like helping them develop a skill or find a job. It's inspirational to hear people tell us those things — and we hear them all the time." **CAA**

“

It was really amazing to hear people talk about how our different areas of programming had an impact on their lives.”



Is there an organization in your community that people need to know about?

Get in touch at caa.magazine@caask.ca. We'd love to hear about it!



PHOTOGRAPHS (THIS PAGE) GREAT BRIT HERE/ADOBE STOCK; (OPPOSITE PAGE) HARRI TARVAINEN/RUKA-KUUSAMO TOURIST ASSOCIATION

SNOW PATROL

In Finland, winter is a cause for celebration, not hibernation.

By Corrina Allen



(Opposite page) Cross-country skiing in Riisitunturi National Park. (Above) *The Lantern Bearers* statues at Helsinki Central Station.

Despite its long, cold winters, Finland has been ranked as the world’s happiest country for seven years running by the World Happiness Report, and after vacationing there this past winter, I understand why. Finns find happiness in fresh air — even when it’s 20 C below. They’ve made embracing the cold an art form, intertwining a love of winter with a culture that celebrates everything from snowshoes to saunas.

In Finnish cities, cyclists take to the snowy streets on fat-bikes, and bike paths double as cross-country-ski routes. Prams are swapped for plastic sleds, and the *potkukelkka* (kicksled) is used for both sport and grocery shopping. Head north, and as the snow deepens, so does the desire to be out in it.

SEAFOOD AND SAUNAS IN THE CITY

In Helsinki, the city’s architecture alone is enough to draw visitors outdoors. Art Nouveau and National Romantic buildings rose up around me as I strolled the streets near the central railway station, cappuccino in hand (Finns drink more coffee than any other nationality on Earth). Just a couple of kilometres away is the recently renovated Hakaniemi Market Hall — a light-filled, two-storey shopping and dining space perfect for long lunches at one of the hall’s fish shops, and ideal for a taste of Finnish cuisine. The Marja Nätti seafood counter, a 50-year-old local institution, has its own café, Katiska, which serves *kalakukko*, a traditional specialty of fish, pork and bacon baked in rye-bread dough.



“Basecamp Oulanka was created to encourage guests to see the wilderness as a kind of church where wildlife is venerated and its preservation is the ultimate virtue.”

The sauna is legendary in Finnish culture — literally. The *Kalevala*, a compilation of centuries-old Finnish oral folklore and medieval mythology, includes poems about pagan gods deciding the fate of their people while wrapped in a cloud of sauna steam. Statistically, the country has one sauna for every two citizens, so take your pick. Fate led me to Löyly, a seaside sauna and restaurant in the formerly industrial neighbourhood of Hernesaari, just two kilometres from Helsinki’s downtown core. Here, guests enjoy the healing properties of a good, hot sweat in a stunning contemporary structure that blends into Helsinki’s natural shoreline on the Gulf of Finland. After a relaxing sauna, I slept well in the brand-new luxurious Hotel Maria, housed in four historic late-19th-century buildings a short stroll from the Presidential Palace.

OUTDOOR ADVENTURES IN OULANKA

Trading urban charms for rustic realness (and more time in the sauna), I took an hour-and-a-half flight north from Helsinki to Kuusamo, the airport closest to Oulanka National Park. There, I met my tour group from Exodus Adventure Travels for a week of Finnish outdoor activities at Basecamp Oulanka — including snowshoeing a section of the country’s most popular hiking route, the 82-kilometre-long Karhunkierros Trail.

Basecamp Oulanka is a collection of three log houses nestled at the park’s edge, just south of the Arctic Circle.

Its cozy accommodations are free of distractions like televisions and radios (though there is Wi-Fi). The main building has a wood-burning fireplace, all the rooms have heated floors, and, naturally, there’s a sauna. Visitors are provided with everything they’ll need to stay warm — from insulated mittens and hiking boots to fleece base layers and waterproof outer shells — and we needed them! Outside, the plowed snow was piled high above our heads, and you could quickly sink into it up to mid-thigh while walking across frozen Juuma Lake.

On our first day, we bundled up and strapped on bright orange snowshoes for a hike. Our guide, Tomas, led us through the forest, pointing out trees draped in Usnea (“old man’s beard” lichen) and patches of reindeer moss, a favourite snack for the herds that venture north in the summer.

Oulanka is a quiet place — apart from the snow crunching underfoot and the Siberian jays chattering in the trees.

(Above) Löyly sauna in Helsinki. (Opposite page, from top) The Myllykoski water mill is a popular stop on the Pieni Karhunkierros hiking trail in Oulanka National Park; the restaurant at Basecamp Oulanka.

PHOTOGRAPHS: (THIS PAGE) YIPING FENG AND LING OUYANG/VISIT FINLAND; (OPPOSITE PAGE FROM TOP) ADAMIKARL/ADOBE STOCK, COURTESY OF EXODUS ADVENTURE TRAVELS



It's even more serene on cross-country skis (once you've mastered the yoga-like technique they teach you on how to recover from a fall).

Elina, our lead guide, explained that Basecamp Oulanka was created to encourage guests to see the wilderness as a kind of church where wildlife is venerated and its preservation is the ultimate virtue. The message found its mark when our group embarked on an hours-long snowshoe trek to see a frozen waterfall that towered above us like a spectacular nature-made cathedral.

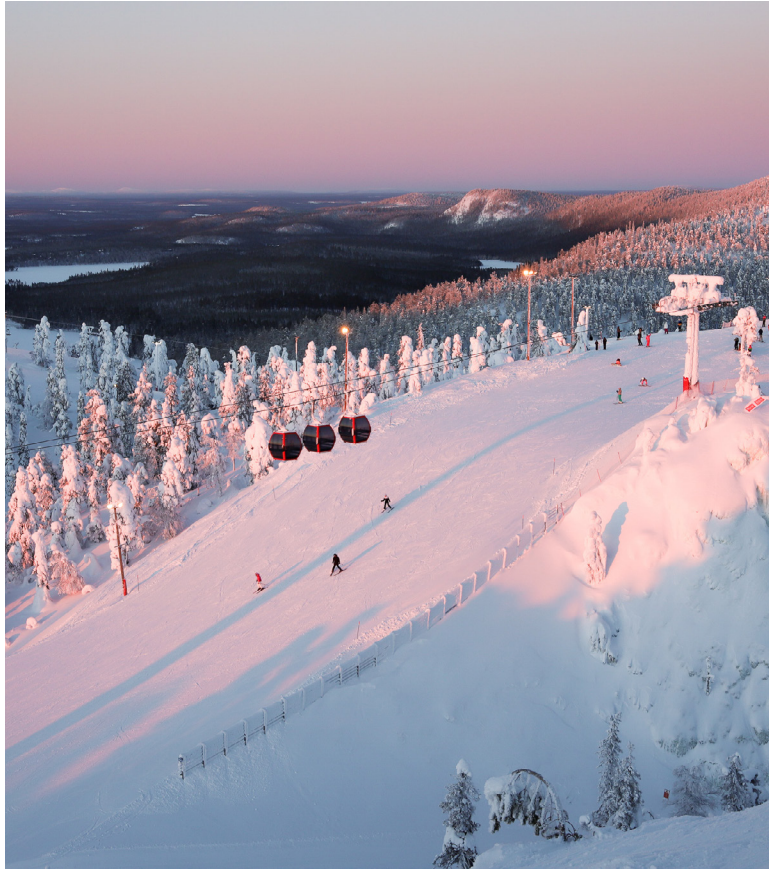
RIISITUNTURI, RUKA AND REINDEER

For visitors looking to add a faster-paced element to their Finland vacation, nearby Riisitunturi National Park offers the Kota-Husky experience, which allows you to pilot a two-person sled pulled by a team of very eager dogs on a 10-kilometre thrill ride through the snow. There is a mechanism that allows you to make minor steering adjustments along the trail, but mostly I relied on my trust in the dogs and an effective foot brake. Afterwards, we were served a generous portion of hearty stew while sitting around the fire in a traditional *lávvu* (a teepee-like structure used by the region's Indigenous population, the Sámi). We also met some of the farm's retired sled dogs, who prefer lounging on sofas in the main barn and like being scratched behind the ears or under their chins.

A day trip to the ski town of Ruka is also included in the Exodus itinerary. While the town's main attractions are the slopes and après-ski spots, you can also visit a family-run reindeer farm or book a snowmobiling safari. Take the Ruka gondola to the top of the slopes and enjoy marshmallow-topped hot chocolate (or a beer) at the Heineken Polar Bar, an outdoor ice café. Then, ride down on the far side and hike around the mountain on the well-maintained footpaths leading back to the centre of the village.

By March, the region surrounding Oulanka averages 60 to 90 centimetres of snow, and the many pine trees are bent under its weight. Snow in such abundance is perfect for building a *lumikammi*, a temporary shelter resembling the Canadian quinzhee, which is made by piling snow into a heap and hollowing the centre. Building a *lumikammi* is a popular activity for Basecamp Oulanka guests, with the option of spending the entire night there or, as I did, just snap a quick photo before heading back to the sauna and a warm bed. Yes, Finland helped me learn to love winter, but even love has its limits. **CAA**

(This page and opposite, clockwise from top left) *Kalakukko*, a fish pie baked in rye bread; skiers on the slopes at Ruka; a Sámi man in the *gákti*, a traditional reindeer-herding garment; Kota-Husky dogs pull a sled in Riisitunturi National Park.



PHOTOGRAPHS: (THIS PAGE AND OPPOSITE, CLOCKWISE FROM TOP LEFT) JULIA KIVELÄ/VISIT FINLAND; VEERA VIHREVARA/RUKA-KUUSAMO TOURIST ASSOCIATION; JUHO KUVA/VISIT FINLAND; MIKKO RYHÄNEN/VISIT FINLAND; COURTESY OF EXODUS ADVENTURE TRAVELS

**AN ARCTIC
EXPEDITION TO
ROVANIEMI**

Just six kilometres south of the Arctic Circle is Rovaniemi, home base for Father Christmas, or Joulupukki, as locals call him. In winter, many tourists travel more than 700 km from Helsinki by train or plane to meet the Big Man himself at the local Santa Claus Village (although he does keep office hours year-round).

Rovaniemi is the capital of Finland's northern region, and the surrounding area is where Sámi communities live — the Indigenous peoples of northern Scandinavia. Many Sámi call this region Sápmi (although the Sámi people, who are spread across Norway, Finland, Russia and Sweden, speak 10 distinct languages).

Here, you can visit a local Sámi reindeer farm to learn about traditional herding practices, and for a chance to feed these gentle animals their favourite mossy snack.

With only about three hours of daylight per day in December, Sápmi is also the perfect place to view the elusive aurora borealis. Sightings of the northern lights here average 150 per year, which is much more often than in the southern regions of Finland.



They call him Joulupukki at Rovaniemi's Santa Claus Village.



A **CAA Travel Consultant** can help you plan a winter getaway. It's easy to connect with a consultant at caask.ca/travel or call 1.800.564.6222.



PHOTOGRAPHS: (CLOCKWISE FROM TOP) MICHAEL GALLI/ADOBE STOCK; BALTHAZAR LVR/UNSPLASH; ONDREJ PROSICKY/ISTOCK. (OPPOSITE PAGE) COURTESY OF CASTARA RETREATS

ENCHANTING TOBAGO

The smaller, more tranquil half of Trinidad and Tobago offers an easygoing, old-style island holiday.

By Doug Wallace

“CAN YOU GUYS GIVE US A HAND with the boat?” A fisherman asks my friend and me to join a group of men pushing a bright blue fibreglass boat into Castara Bay. We jump up and start at it — a simple thing, but a true slice of life that draws me right into the essence of everyday life on the island of Tobago, half of the dual-island nation of Trinidad and Tobago.

This picture-postcard destination offers a taste of what many other popular spots in the Caribbean were like in the 1960s — a time of out-of-the-way guest houses and traditional food, uncrowded coral reefs to explore and waterfalls to stumble across. Nothing fancy, but that’s the point. The island’s lush, unspoiled nature has made it a hit with eco-conscious travellers.

It may all seem so simple on the surface, but local efforts to protect this gorgeous place have been anything but. Island residents started taking steps to protect the land and marine life 250 years ago, long before the term “sustainability” was coined, and involve practices that remain in place today.

Tobago is home to the oldest protected parkland in the western hemisphere — the UNESCO-listed, 4,000-hectare Main Ridge Forest Reserve, designated a preserved rainforest in 1776. I wander through the old-growth trails, cool in the shade of the thick overhead canopy of tall tropical trees and native palms. Our tour guide, naturalist William Trim, is clearly in his element, pointing out blue-backed manakins and rufous-tailed jacamars. Tobago is a paradise for birders, with more than 260 species, including migratory birds that pass through each year on their way to and from North

(Opposite page, clockwise from top) Another sun-kissed day at Pigeon Point Beach, Tobago; snorkelling in the pristine waters off Tobago; a flock of scarlet ibis, the national bird of Trinidad and Tobago, takes flight.



A view of the apartments of Castara Retreats from Castara Bay.

A dish of delicious, homespun fare from the kitchen at Castara Retreats, a rustic-chic eco-lodge in Castara.

America. At nearby Shurland James Hummingbird Nature Park, we watch dozens of blue and green hummingbirds flit about red and yellow feeders, practically eating out of our hands.

In the fishing community of Castara, we find a small but sufficient ecotourism infrastructure and friendly folks. We check into Castara Retreats, a rustic-chic eco-lodge of partially open-air apartments spread across the hillside, surrounded by a blaze of blooming bougainvillea, frangipani, hibiscus and bird of paradise. We're settled in by Derek "Porridge" Lopez, who also runs a taxi service and sets guests up with local activities. He recommends a session at the property's yoga pavilion at the top of the hill. From there, we can see kilometres of coastline and ocean, with a dozen or so fishing boats filling the bay, waiting for sunrise tomorrow. The beach is empty, save for a few diving birds and some kids playing soccer after school. We practically have the whole place to ourselves.

With so much to offer, it's little wonder that Tobago is where Trinidadians go on holiday, particularly during the Harvest Festivals held in different parts of the island throughout the year, when street parties fill the weekends, much of the revelry revolving around food. Our many options of traditional fish dishes include fish broth and stewed kingfish and snapper. Condiments such as pepper sauce, green seasoning and mango chutney are always within easy reach, thanks to



the country's rich mix of African, East Indian, Chinese and European culinary cultures. I couldn't wait for breakfast each morning to load up on moist coconut bake and saltfish and eggs, and soursop and passion-fruit juices.

“With so much to offer, it's little wonder that Tobago is where Trinidadians go on holiday, particularly during the Harvest Festivals held in different parts of the island throughout the year, when street parties fill the weekends, much of the revelry revolving around food.”

One afternoon, we join Birtil "Alibaba" Taylor, who is making a big pot of meaty stew right on the beach — a regular occurrence open to anyone who wants to join in. He also fries up fresh fish topped with a buttery barbecue sauce that bubbles away on his outdoor stoves. This makeshift kitchen under the almond and coconut trees includes a traditional dirt oven that turns out the most remarkable bread. Villagers place their order in advance, then wander down to the

beach to pick it up. Nothing could be more homespun or more delicious.

Another spot to sample local dishes — such as crab dumplings, curried chicken and goat roti — is at the food stalls on the beach of No Man's Land. This little spit of sand reaching into the Bon Accord Lagoon draws tourists

and locals alike for a bite and a beer. Many arrive on colourful wooden boats from the nearby town of Buccoo after touring the renowned Nylon Pool. This very clear natural swimming pool formed by a sandbar in the middle of Buccoo Reef was nicknamed by visiting British royal Princess Margaret in 1962, who said that the water was as sheer as her nylon stockings.

Happily, my Tobagonian adventure doesn't stop at sundown. With its interdependent reef, lagoon and mangrove ecosystems, the beach yields a fun lesson in marine biology after dark. We pull into the lot at Pigeon Point Beach one evening and set off kayaking through one of the world's few bioluminescent bays with Radical Sports Tobago. The conditions here are just right for the proliferation of bioluminescent algae. The movement of our paddles triggers a chemical reaction within the algae that makes it glow, creating glittering swaths of water wizardry. As we carry our kayaks back to the sports shed under the moonlight, I can't help but think how wonderful it is to be part of Tobago's magic. **CAA**



Connect with a trusted CAA Travel Consultant to help with your travels to Tobago. Visit caask.ca/travel or call **1.800.564.6222** to learn more.

PHOTOGRAPH: COURTESY OF CASTARA RETREATS

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Dedicated individuals across Canada are helping preserve and revitalize Indigenous languages in their communities.

By Sara Kae | Illustration by Hawlii Pichette



AS A MEMBER of the Kiskahikanisihk, Charlotte Ross was raised speaking the Woodland TH-dialect. But when she and her brother were taken into foster care due to family trauma, she no longer had anyone to converse with in her language. It wasn't until Ross attended her first Cree language class at the University of Saskatchewan that she had the chance to reclaim her language as well as her cultural identity.

In Canada, Indigenous peoples continue to face challenges when it comes to preserving and rebuilding their language, as well as rediscovering their cultural heritage. Residential schools banned Indigenous languages as part of a systematic attempt to assimilate Indigenous children into the European way of life — a cultural cleansing that resulted in the loss of Indigenous languages and culture with consequences that still resonate today.

In 2021, just 13.1 percent of the Indigenous population reported being able to speak one of the more than 70 Indigenous languages in Canada well enough to conduct a conversation, which is 8.3 percent less than what was reported in 2006.

The Indigenous Languages Act passed by Parliament in 2019 was a significant win for Indigenous peoples fighting for their right to learn their languages. For those who wanted to reconnect with their heritage, the legislation provided more opportunities to do so. But learning a language poses major challenges, which is why many Indigenous peoples have turned to community leaders and educators for help.

Ross is now in the final stages of completing her PhD in Indigenous language revitalization at the University of Victoria, in British Columbia. "I get to enjoy what I am doing," she says. "I love to support language speakers and language programs that are in my area." For Ross, education has also provided opportunities to advocate for Indigenous culture. She plans to be involved in similar initiatives, utilizing the research and education she has gained through her post-secondary journey to teach others and help keep her language alive.

It must be noted that learning and teaching Indigenous

languages come with a particular set of challenges due to the lack of written documentation, along with limited funding and resources for educators. In 1991, the University of Alberta's Canadian Indigenous Languages and Literacy Development Institute (CILLDI) was created to support language learners and teachers working within their communities. CILLDI's director, Jordan Lachler — a non-Indigenous associate professor in the linguistics department — became aware in the early '90s that many of the world's Indigenous languages are in danger of disappearing and decided to use his educational background to help mitigate the crisis. It's a commitment he considers key to his responsibility as part of the reconciliation process. "[Considering] the role that the ed-

ucation system played in bringing these languages to the state that they are in," says Lachler, "it's only fair that those of us in the system do whatever we can."

Meanwhile, Mira Kolodka, a Métis person from Winnipeg, discovered her connection to the Michif language when she stumbled upon language classes during post-secondary schooling, which opened her up to a community she didn't know she was missing. Kolodka was inspired to learn more. In Brandon, Man., she participated in a mentor-apprentice program (MAP), which provided an intimate immersion experience and taught her to speak Michif conversationally. She was offered full-time employment at the program, and when its funding ended in 2023, she returned to Winnipeg to continue learning and

sharing the Michif language. "There's a real desire a lot of people have to learn their language, but there are so few resources available," says Kolodka, who is now working on a program to offer beginner Michif classes at the Winnipeg Public Library.

It's this reclaimed interest and pride in their cultural heritage that shines through in each and every initiative across Canada to preserve Indigenous languages, contributing to the collective goal and hope that the voices of Indigenous peoples will be heard and their stories will be shared well into the future. **CAA**

“

In 2021, just 13.1 percent of the Indigenous population reported being able to speak one of the more than 70 Indigenous languages in Canada well enough to conduct a conversation.”



Blind-spot detection alerts drivers to the presence of vehicles in hard-to-see places.

Helping Hands

New technologies help drivers avoid collisions. We take a look at some of the best driver-assistance systems appearing in 2025 vehicles.

By Graham Heeps

WHEN WE'RE DRIVING, nothing matters more than safety — ours and our family's, as well as the safety of other people on the road. But safety is not always the central defining factor when we choose a new vehicle — most of us are drawn to the way the car looks and how much it costs.

Fortunately, auto safety technology is advancing all the time. For one, automakers are motivated to achieve the competitive advantage that comes with top safety ratings. As well, consumer pressure and advocacy from organizations such as CAA and the U.S.-based independent Insurance Institute for Highway Safety (IIHS) steer legislation involving safety features and technologies.

IIHS rates the crashworthiness of new cars and trucks in frontal and side impacts that are representative of the most common real-world accidents.

In Canada and the U.S., IIHS ratings are the gold standard for safety and are recognized by North American media outlets, including *Consumer Reports*, whose vehicle testing is highly regarded for thoroughness and authoritativeness. As well, IIHS's two highest accolades — Top Safety Pick+ and Top Safety Pick — are often quoted in new-car advertising here in Canada. (For a list of the current top performers, see page 36.)

Safety technologies are advancing quickly. Automatic emergency braking (AEB) and front collision warning (FCW) are two systems the IIHS assesses for both day- and night-time performance. These systems are becoming more common on new vehicles, along with many other advanced driver-assistance systems (ADAS). Let's take a look at some common — and emerging — ADAS technologies.

“In Canada and the U.S., IIHS ratings are the gold standard for safety and are recognized by North American media outlets.”

PHOTOGRAPH: (OPPOSITE PAGE) COURTESY OF SUBARU. (THIS PAGE) COURTESY OF VOLVO. (ICONS: NOUN PROJECT

AUTOMATIC EMERGENCY BRAKING (AEB)

AEB applies the brakes automatically when sensors determine that a collision is unavoidable — with another vehicle, motor-cyclist, cyclist, pedestrian or any other road user. It might not prevent the collision altogether, but a reduced impact speed decreases the severity of injuries. AEB is not mandatory in Canada, but it's frequently offered as a standard feature even on lower-cost cars like the 2025 Nissan Kicks. It will be compulsory in the U.S. from 2029 onward, and, historically, Canada often follows the U.S. on auto regulations.

As with many other safety systems, AEB goes by different names depending on the automaker, such as Honda's Collision Mitigation Braking System (CMBS) — this is standard on the 2025 Civic and Prologue EV, among other models. In brands manufactured by Stellantis — including Jeep, Chrysler, Dodge, Ram and Alfa Romeo — AEB is referred to as Full-Speed Forward Collision Warning with Active Braking.

To help consumers navigate the market, *Consumer Reports* is among those advocating for standardized terminology and has partnered with automotive and auto-safety groups on a downloadable PDF document of common ADAS terms — “Clearing the Confusion.”

FORWARD COLLISION WARNING (FCW)

FCW scans the road and issues a visual and/or audible warning of a potential collision. The driver still has time to apply the brakes or take evasive action. As well, AEB may be activated by the system. As with AEB, FCW is becoming more common, in part because its benefits are recognized by IIHS. It is standard on the Chevrolet Equinox and Buick Enclave for 2025.

BLIND SPOT WARNING (BSW)

Also known as blind-spot detection (in Subarus, it's standard on models like the 2025 Forester) or blind-spot monitoring in other brands, BSW notifies the driver of vehicles in the blind spot. Sometimes there is an additional warning or switch to a camera view if the driver activates the turn signal, or the vehicle may intervene to apply the brakes or steer if you begin changing to a lane with a vehicle still in your blind spot.

CAMERAS, RADAR AND LIDAR

There are many other ADAS technologies of varying levels of sophistication, but only back-up cameras are mandatory in Canada. (Since May 2018, all new vehicles weighing up to 4,536 kilograms must have a back-up camera.) As with other ADAS systems, these technologies are no substitute for staying alert (see “Proactive Driving,” page 36). ADAS systems deploy a combination of camera(s) and/or radar sensors to gather information about the environment around the vehicle. The data is used to trigger warnings or activate the safety systems as necessary.



“Lidar — light detection and ranging — can detect small objects hundreds of metres ahead, even in poor light, which gives the car more time to inform the driver and take action to avoid an accident.”

A lidar system mounted on the roof of a Volvo EX90 EV.

There is no set formula for the number and type of sensors used. Subaru and Tesla rely exclusively on cameras. Other automakers use a combination of sensor types. The 2025 Acura MDX Type S with Advance Package debuts the AcuraWatch 360 system, which has additional front corner radars, a higher-fidelity front camera and a front “millimetre wave” radar.

Volvo is one of several automakers to introduce lidar (light detection and ranging), which makes its debut in the 2025 EX90 EV. According to Volvo, lidar can detect small objects hundreds of metres ahead, even in poor light, which gives the car more time to inform the driver and take action to avoid an accident.

The downside of lidar is its relatively high cost, which is why development of cheaper alternatives — like better radar — continues to advance. Each sensor has its strengths — radar is good in poor visibility, for example, while cameras provide good spatial resolution and colour — which is why the ADAS and future automated-driving technologies will likely require a mixture of sensors to offer complete coverage and safety backups.



GM's Teen Driver system encourages safe driving behaviours in new drivers.



PARTIAL AUTOMATION

Assisted driving or “partial automation” technologies — which are often a development of the adaptive cruise control (ACC) familiar to many drivers — are appearing in an increasing number of vehicles. They come in hands-on guises, such as lane-keeping assist (LKA) or as a hands-off feature, such as General Motors’ Super Cruise system or the Hands-Free Active Driving Assist option being introduced on the 2025 Ram 1500.

However, like the simpler ADAS functions, partial automation systems are not a replacement for the driver, who is legally required to pay attention, whether their hands are on or off the steering wheel. In fact, the safety benefits of these systems are unproven, according to David Harkey, president of IIHS.

“Some drivers may feel that partial automation makes long drives easier, but there is little evidence it makes driving safer,” he says. “As many high-profile crashes have illustrated, it can introduce new risks when systems lack the appropriate safeguards.”

Partial automation systems are not included in the IIHS’s overall safety ratings but are subject to a new, separate evaluation program. When the first batch of results was released earlier this year, only the Lexus LS’s Teammate system earned an acceptable rating overall.



WHAT WORKS FOR YOU?

Whichever new vehicle you are considering for purchase, it’s worth checking out how the vehicle fared in independent IIHS-style safety testing, in terms of both of its crashworthiness and its driver assistance features. If additional costs are involved, think about which systems offer the biggest safety benefit in how the car will be used. For example, technologies like GM’s Teen Driver, which switches ADAS systems on when a Teen Driver-designated key fob is in use, may be appropriate if you have a newly qualified driver in the household.

Finally, be sure to explore as many systems as you can when you test-drive the vehicle. An over-eager lane-keeping function that annoys you with unnecessary steering inputs is likely to get switched off at the first opportunity, which is of no safety benefit to anyone. **CAA**

2024 IIHS Top Safety Pick+ Winners

Acura Integra, MDX

BMW X3

Ford Explorer

Genesis Electrified G80, G80 (built after October 2023), G90 (built after October 2023), GV60, GV80 (built after August 2023)

Honda HR-V

Hyundai Ioniq 5, Ioniq 6, Kona

Kia Telluride

Lincoln Nautilus

Mazda 3, CX-30, CX-50 (built after August 2023), CX-90

Mercedes-Benz GLE Class (with optional front crash prevention)

Nissan Pathfinder (built after November 2023)

Rivian R1T

Subaru Ascent

Tesla Model Y

Toyota Prius

Proactive Driving

“Proactive driving is essential for safety on the roads,” says Christine Niemczyk, director of corporate communications and public relations at CAA Saskatchewan. “Remember, there are not only vehicles, but also motorcycles, bicycles, pedestrians and wildlife. As drivers, we need to keep our eyes open and scan well ahead to identify hazards on or near the road.

Be aware of what is next to you or behind you by checking the rear-view and side mirrors and don’t forget to shoulder-check the blind spots.” It all comes down to having spatial awareness.

“When following other vehicles, leave a two-to-three-second following distance,” Niemczyk advises. “This space is essential to slow or stop your vehicle if the vehicle ahead of you suddenly stops for any reason. Use smooth braking, acceleration and steering to have the best control of your vehicle.

“Finally, know what safety features your vehicle has by reading the owner’s manual. Avoiding erratic driving will minimize the need for driver assistance systems to prevent collisions.”



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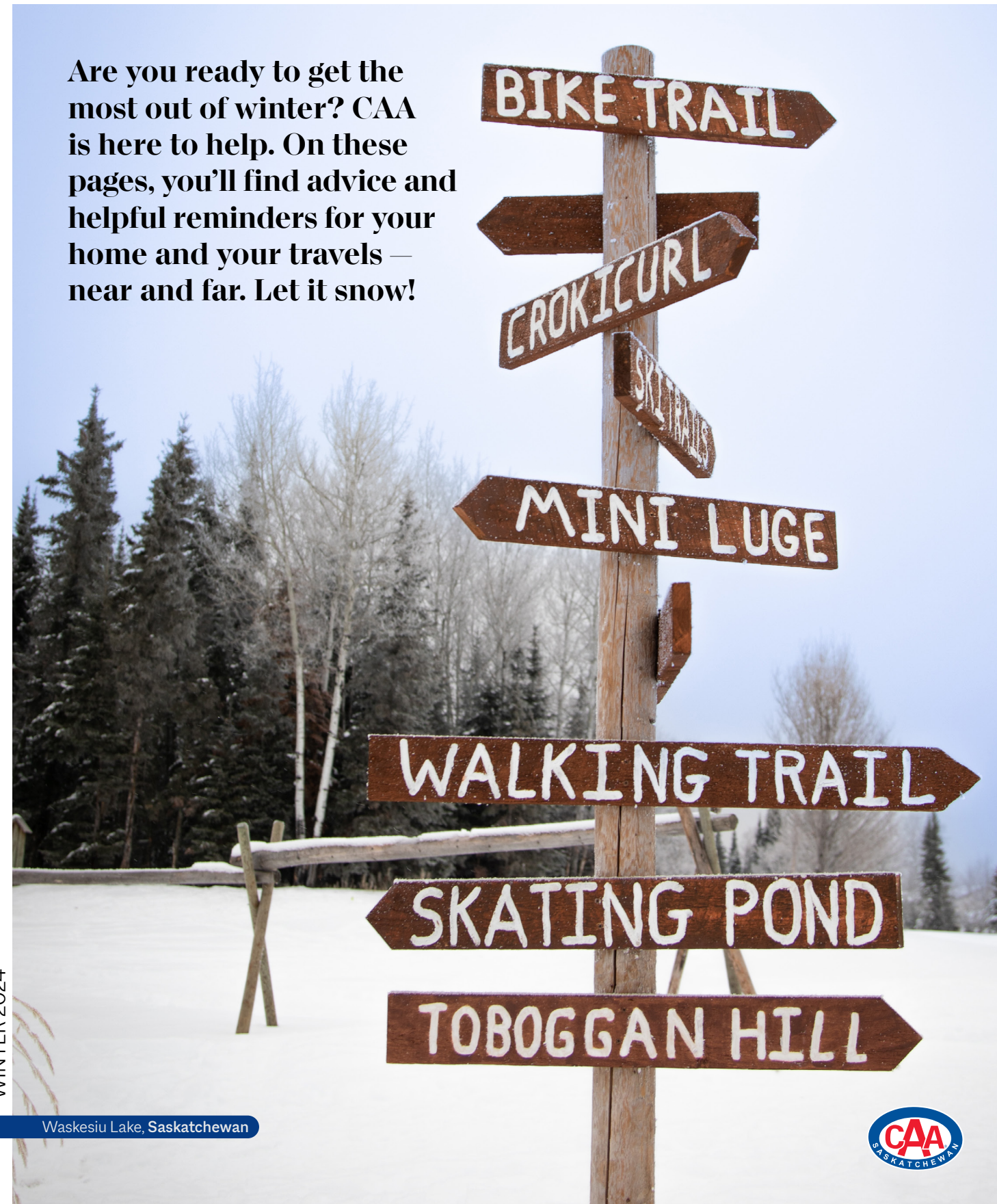


MEMBER REWARDS, OFFERS AND EXCLUSIVE SERVICES

INSIDER

Are you ready to get the most out of winter? CAA is here to help. On these pages, you'll find advice and helpful reminders for your home and your travels — near and far. Let it snow!

WINTER 2024



Waskesiu Lake, Saskatchewan





(This page from top) Myrtle Beach; refreshments at PopStroke. (Opposite page) A great blue heron in Huntington Beach State Park.

Flying South

Here’s why Myrtle Beach is a great place to land for snowbirds. | *By Briony Smith*

WHEN CHILLY WEATHER HITS, many of us yearn for sunnier climes. South Carolina’s Myrtle Beach has long been a beloved destination for its sandy shores and gorgeous temperatures — the coldest month, January, still boasts an average of 14 degrees!

But it has plenty more to entice as an ideal spot for snowbirds to spend a winter down south. “The Myrtle Beach area, fondly known as The Beach, has 100 kilometres of pristine coastline and a diverse and inviting environment with something for everyone to enjoy,” says Rebecca Seeds, the Canadian account manager at Visit Myrtle Beach, the city’s official tourism site. “With so much to offer all year round, travellers and locals alike enjoy a flourishing culinary scene, a multitude of beautiful golf courses, plenty of attractions, rich culture, history and more.”

GREAT GOLF

Myrtle Beach is known as the golf capital of the world, thanks to its 90 golf courses — over three million rounds of golf are played here every year. It’s also where Tiger Woods recently opened PopStroke, his restaurant, bar and golf-putting course. In the mood for putt-putt? There are 30 spots to pick from along the Mini-Golf Trail.

OUTDOOR ADVENTURE

Make use of the city’s 215 sunny days per year and indulge in the bounty of nature-geared activities. Myrtle Beach State Park features trails and some of the best fishing in South Carolina, while Huntington Beach State Park offers many wildlife-spotting opportunities, from sea turtles and alligators to egrets and herons.

FAMILY FUN

There’s plenty for families to do in The Beach. Take the kids for a stroll down the oceanfront boardwalk and promenade. Go for a spin on the 187-foot-high SkyWheel. Or opt for dinner and a show at Pirates Voyage or Medieval Times.



FOODIE PARADISE

With more than 2,000 local restaurants to choose from, everyone’s food craving will be satisfied. “Myrtle Beach has exploded over the past decade with a rising tide of innovative chefs and new restaurants changing the culinary scene,” Seeds says. “From Lowcountry dishes and ocean-to-table seafood to [specialties] coming from a rich local history handed down from the Gullah community — you can find them all in Myrtle Beach.” Also make sure to check out the new Myrtle Beach Beer Trail, replete with a digital passport and the multimedia guide showcasing a dozen breweries and many beer-themed attractions.

CULTURE APLENTY

Art fans, rejoice. Myrtle Beach has galleries and museums galore. Among Seeds’ personal insider favourites are “awe-inspiring oceanfront sculptures, enormous alleyway murals and secret underground passages filled with art.” And, she adds, there are plenty of festivals geared to a diverse range of cultural pursuits.

Visit caask.ca/travel to start planning your winter getaway. Find out how your CAA Membership can help you make the most of your Myrtle Beach holiday, including a personalized itinerary, exclusive deals and discounts, hassle-free transportation options, as well as comprehensive travel insurance.



PHOTOGRAPHS: (OPPOSITE PAGE FROM TOP) KEVIN RUCK/ADOBE STOCK; COURTESY OF POPSTROKE; (THIS PAGE) ZAK ZEINERT/ADOBE STOCK; (PAGE 39) COURTESY TOURISM SASKATCHEWAN. ICONS: COURTESY OF GOOGLE ICONS


Snowbirding, Safe and Secure


Heading south for the winter with the right insurance coverage.


YOUR SPELL IN THE SUN should be all about taking a break from the cold and enjoying warm temperatures and leisurely pursuits — worry-free. CAA Travel Insurance can help by making sure you’re covered wherever you go on vacation.

You can depend on our CAA Travel Insurance professionals — whether you’re submitting a claim or you just need guidance in deciding which insurance plan best suits your particular needs.

Here’s how CAA Travel Insurance protects snowbirds flying south.

 **Medical coverage** takes care of unexpected medical emergencies, including hospital stays and treatments, and can fill the gap when your provincial health benefits or other health plans do not provide adequate coverage — for example, when there are out-of-country exclusions. Over 60 years of age? No worries. CAA Travel Insurance experts are on hand to explain how to make sure you’ve got coverage for any pre-existing medical conditions.

 **Trip cancellations and interruptions** are covered by CAA Travel Insurance, including expenses for meals and accommodations resulting from unforeseen events — weather conditions, flight delays and cancellations, and lost or delayed baggage.

 **Extra flexibility** is available, thanks to CAA’s multi-trip insurance plans, which are geared to frequent travellers and pertain to multiple trips spanning 4, 8, 15, 30 or 60 days. Coverage starts every time you leave Canada, and you can easily top up the number of days according to your requirements (topping up is not required for travel within Canada).

Consult with our CAA Travel Insurance experts to find the plan that’s right for you. Visit caask.ca/insurance/travel/caa-travel-insurance or call **1-833-872-8467** to learn more about how to protect yourself and your loved ones on your next trip.

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PHOTOGRAPHS: (FROM TOP) MICHAEL PAUL, PHOTOWORKS/COURTESY OF BOULDERS RESORTS & SPA, SCOTTSDALE; CURIO COLLECTION BY HILTON, KIT LEONG/ADOBE STOCK



(Above) Boulders Golf Club in Scottsdale; (right) a historical house in New Orleans.

Take a Break

A quick warm-weather getaway? Yes, please.

WE ALL NEED A RESPITE FROM WINTERTIME, if only for a week or so to bask in sunshine and warm temperatures. And it's all doable — with cultural pursuits, spectacular scenery and top-notch food to boot — when you hop on a direct flight from Saskatoon or Regina.

Here are four exciting destinations for your next winter weekend escape — and what to do when you land.

NEW ORLEANS, LOUISIANA

Most people plan their travels to The Big Easy around Mardi Gras, but New Orleans is definitely worth a visit any-time during the winter months. The French Quarter offers wonderful Cajun and Creole fare, alongside live jazz and stylish cocktail bars — all within a few blocks. Tour the Garden District to marvel at the grand mansions. Drop by the historic cemetery and take note of the numerous pop-culture landmarks, including a house once owned by gothic-fiction author Anne Rice.

PHOENIX, ARIZONA

A favourite destination for snowbirds,

Phoenix, a.k.a. Valley of the Sun, and neighbouring desert cities like Scottsdale all boast clear skies and pleasant weather in wintertime. Stay at any one of dozens of beautiful resorts with pools and luxury spas, and, if you're one of those who like travelling with their clubs, check out the highly ranked public-access golf courses.

LAS VEGAS, NEVADA

Does 300 days of sunshine a year sound good to you? Head over to Vegas to lounge poolside and to explore Sin City's extensive retail offerings. And why not spend an evening with Janet Jackson or the Eagles, two of the talents

scheduled for Vegas residencies in the coming months.

ATLANTA, GEORGIA

Cultural attractions abound in Atlanta to delight the whole family, ranging from the National Center for Civil and Human Rights and the High Museum of Art to the World of Coca-Cola. And Georgia's state capital is also a magnet for foodies — to wit, the first Atlanta Michelin Guide was released in October 2023, with five local restaurants receiving the coveted star rating.

Visit caask.ca/travel to book with CAA Travel.



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Is Your Home Winter-Ready?

Gear Up for Winter with CAA

Welcome the season with open arms — and savings via your CAA Membership. Enjoy discounts when you shop online with CAA Rewards® Partners — like premium techwear clothing at Altitude Sports, where you save 4% on purchases, or winter-hardy footwear at Bogs, where you earn 5% in CAA Dollars®. And remember, you can use CAA Dollars® to indulge in movie nights at Cineplex, plus redeem it for membership renewals, travel, merchandise and gift cards.

Visit caask.ca/membership/rewards to discover more.

SURE, WE LOVE WINTERTIME. We're Canadian, after all. But sometimes it sneaks up on us, especially when we're enjoying those tail-end wisps of fall weather. Don't be caught off guard. Prep your home in time for the season ahead. Here's a checklist on how to winterize it — inside and out.



Inside the home

- ❑ Check your furnace filter to see if it needs to be replaced. Depending on the type and thickness of the filter you use — and how many people and/or pets there are in your household — replace it every 30 to 90 days.
- ❑ Make sure any exposed pipes are protected from freezing. Consider wrapping them with pipe insulation.
- ❑ Test all smoke alarms and carbon monoxide detectors to ensure they're in working condition. If they're nearing their expiration dates, replace the batteries.
- ❑ Ensure that all windows are properly sealed and caulked.
- ❑ Check door sweeps for gaps that could let in cold air and moisture.



Outside the home

- ❑ Replace door screens with glass storm doors.
- ❑ Clean leaves and debris from the gutters to avoid clogged downspouts and drains.
- ❑ Repair loose roof shingles and check for leaks.
- ❑ Inspect trees on your property for damaged or diseased branches that need to be removed. If the job requires a professional, contact an arborist.
- ❑ Check for any loose boards on the deck or porch to ensure they can withstand the winter.

Considering home improvements?

If you're planning to renovate your home this winter, inform your insurance broker, so they can ensure you have the right coverage—during and after the renovation.

CAA Members can save 10 percent on home insurance. Visit caask.ca/insurance/home/caa-home-insurance to learn more.

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*1 Property Insurance is underwritten by CAA Insurance Company. 2 CAA Auto Extension Insurance is underwritten by CAA Insurance Company. 3 CAA Travel Insurance, an Orion Travel Insurance product, is underwritten by Echelon Insurance. Certain exclusions, limitations and restrictions apply. Subject to change without notice. A Medical Questionnaire may be required if you are 60 years of age and older. 4 Pets Plus Us Pet Insurance policies are underwritten by Northbridge General Insurance Corporation, distributed by PTZ Insurance Services Ltd. & Société d'Assurances Collectives (Sodaco) Inc. in Quebec. 5 CAA Personal Accident Insurance is underwritten by CAA Insurance Company. 6 CAA Health & Dental Insurance, CAA Term Life Insurance and CAA Critical Illness Insurance is underwritten by Canadian Premier Life Insurance Company. Securian Canada is the brand name used by Canadian Premier Life Insurance Company to do business in Canada.

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Creature Comfort and Joy

Safety tips for pet parents that help keep the season bright.

By Dick Snyder

THE HOLIDAYS CAN BE A STRESSFUL and even dangerous time for pets — the bustle of people coming and going, new smells and sounds, indoor trees that light up and tower over the room. Before settling on how to spruce up your space, consider how your pet could react to the holiday celebrations — the excitement and potential anxiety as their everyday environment is transformed.



Decorations and lights Cats and dogs are attracted to things that sparkle, move, emit light and make sounds. They want to bat them around, chew on them, perhaps even eat them. Watch for vomiting, diarrhea, dehydration and a change in eating behaviours. Any of these warrant immediate veterinary attention — your pet has likely ingested something it shouldn't have. Pro tip: Lay off the tinsel as it can cause a gastrointestinal obstruction that could lead to surgery.



Candles, incense, vaporizers A curious snout or paw can easily knock over any of these holiday paraphernalia, resulting in a messy spill, your pet getting burned or even a fire in your home. Do not leave candles burning unattended. And keep in mind that scented oils and potpourri, if consumed, can cause your pet to become seriously ill.



Light strings, wires and batteries Biting an electric wire can result in your pet's mouth getting burned. Chewing on a battery can cause chemical burns and even worse injuries if the animal ingested part of the battery. If you suspect any of this has taken place, get your pet to a vet immediately.



Ornaments Broken ornaments, if ingested, can cause serious internal damage. Place ornaments out of your pet's reach — high up on the tree or in other inaccessible places.



Christmas trees Some cats will want to climb up the tree, as will some dogs. Or your pet may play on the boughs. Bigger dogs can knock trees over with a happy wag — make sure your tree is anchored and stable. You may even consider a gate to keep the tree inaccessible to your pet.



Food and edibles Some human foods can be harmful or toxic for animals. Keep all holiday treats out of reach, and if you suspect Fido has eaten something he shouldn't have, call your vet immediately.

Keeping your pet safe for the holidays means being vigilant and thinking one step ahead of them. Ask yourself: "What if...?" Then act accordingly — and have a happy holiday!

Visit caask.ca/insurance/pet-insurance to learn more about the value of pet insurance.

The Gift of Membership



WE'VE ALL BEEN THERE. You need to send a gift to that friend or family member on your list and then, well, life gets in the way and you've run out of time. But you want to give something truly meaningful — which is why so many CAA Members give the gift of a CAA Membership.

Members understand and appreciate the peace of mind that a CAA Membership provides, and — another bonus — Members who participate in the CAA Rewards® program, which now includes Shell Canada, can save up to \$300 a year with discounts and earn CAA Dollars®.

And remember, when you give the gift of a CAA Membership, you are helping your recipient get access to many benefits, including:

- 24/7 roadside assistance for Basic, Plus and Premier Members
- up to five kilometres free towing for Basic Members, 160 km for Plus Members and Premier Members (plus, for Premier Members, one 320 km tow)
- savings of 3 cents per litre on fuel and more at Shell (conditions apply)
- special travel offers and Member-exclusive benefits, which include home, auto and travel insurance
- savings with trusted partners across North America, including popular restaurants like Montana's, East Side Mario's and Pizza Hut, and popular partners like RW&CO. and Enterprise Car Rental

Visit caask.ca/membership/plans to learn about CAA Membership benefits and more.

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SEE AND BE SEEN

As the daylight hours lessen throughout the winter, so too does visibility, particularly with the onset of snow. Drivers should familiarize themselves with their vehicle's features and settings to avoid becoming a "phantom vehicle"—an automobile being operated in the dark or low light conditions without the proper exterior lighting activated.

Be mindful of the following:

- Automatic headlights only work if you set them on 'automatic.'
- A bright dashboard doesn't always mean that your headlights and taillights are on.
- Daytime running lights don't give you enough light to drive safely in the dark or in bad weather.

Please don't be the driver of a 'phantom vehicle'. Let's stay safe out there this winter.

Learn more at caask.ca/safety



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The team at CAA Battery Depot in Regina.

Fully Recharged

The “new” Regina Battery Depot gets powered up.

By Dick Snyder

FOR MORE THAN 50 YEARS, folks living in Regina turned to the expert staff at Regina Battery Depot for all of their battery needs. This welcoming shop was known for helping out anyone in need with whatever they needed, be it a battery check, charge, repair, replacement or just some solid advice.

Founded in 1971, the store has been officially part of the CAA Saskatchewan family since 2013. Last year, it was targeted by an arsonist, and the building was destroyed. But earlier this year, the shop reopened as CAA Battery Depot. It’s a smaller, more compact facility but still offers the same CAA-backed personal service to both CAA Members and non-members, delivering cost-effective products, top-notch service and practical advice for all their battery needs.

And when you come through the door, you’ll know what personal service means.

“We deliver a cheerful greeting and smiling faces to start,” says store supervisor Steven Millar, who has been with CAA for 23 years in various roles, including working at the call centre and in dispatching, damage claims, and battery repair and installation.

“A lot of people are coming in saying they did not know CAA owned the Battery Depot,” Millar says. “They’re really happy to find out they save 10 percent! And non-members often go next door to the CAA Store and buy a membership, so they can save, too.”

What the “new” Battery Depot offers customers:

BATTERIES AND PRODUCTS

- vehicle batteries for cars, trucks, ATVs, utility vehicles, golf carts and mobility scooters
- powersport and utility batteries
- deep-cycle batteries for marine applications
- batteries for personal devices, such as mobile phones, key fobs, watches, electronics and household accessories and power tools (NiCad or NiMH batteries only)
- battery maintainers, trickle chargers, portable packs/chargers (boosters), battery blankets

SERVICES

Bench test Bring your battery in, and the team will assess it for free and advise on its condition and whether it should be recharged, repaired or replaced.

Charge and check Been away for a while? Remove your dead battery from your vehicle and bring it in for a charge and a full assessment (\$10 fee per battery).

Repair For batteries that can be repaired, the staff will rebuild them to a like-new condition.

Installation This service is available for most vehicles and devices, such as mobile phones, electronics, tools and utility items, and mobility scooters. In most cases, batteries can be installed on the spot. For some vehicles, for which the battery is not readily accessible, customers are referred to nearby Kal Tire.

CAA Members save 10% on purchases. Non-members who want to save 10% too can buy a CAA Membership next-door, at the CAA Store.





Is Your Battery Winter-ready?


A CAR BATTERY in good working order is key to a safe, stress-free driving season.


There’s no worse feeling, especially in wintertime, than turning your car’s ignition on...and nothing happens. Now is the time to have your battery checked, particularly if it’s three to five years old (or older), which is the typical car-battery lifespan. And that life cycle can get shorter in colder climates.

Here’s what you can do to prepare your battery for the season ahead — and to find out how CAA Battery Service can help.

 **Try a battery maintainer.** If you drive less in winter or will be away for an extended time period, consider using a battery maintainer, also known as a tender. “A tender is something you can attach to your battery that provides a low-voltage charge to keep your battery charged up when you’re not using it,” says Peter Kreis, CAA Saskatchewan’s vice president of operations.

 **Now listen up.** Pay close attention to the sound your vehicle makes when you turn on the ignition. If it sounds different than usual — say, with a slower whirring — get it checked, advises Kreis. A dimming of your dash lights or the fan sounding slower are also telling signs. “It’s probably a good idea to go and get your battery and charge system checked.”

 **Clean is key.** If you’re comfortable checking under the hood, pop it up and have a look at the battery. You may detect a white powdery buildup on the terminal posts, which can be cleaned off, says Kreis. “That’s just the discharge from the battery itself; it’s not acid.” And while you’re at it, ensure there are no loose cables. “It’s easy enough to just tighten them up.”

 **CAA Battery Service.** If your battery has let you down, CAA offers the most convenient — and quick — way to get you back on the road. The service comes to you, with technicians who will conduct a speedy and accurate test of your battery and, if needed, install a new one while you wait (the CAA Battery Service fleet is equipped with a full range of batteries).

And Members can rest assured that their old or used battery will be disposed of in the most environmentally friendly way possible and recycled into new products.

Visit caask.ca/automotive/caa-battery-depot to learn more.

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Mistakes Even Good Drivers Make

EVERYONE MAKES ERRORS behind the wheel — even experienced and conscientious drivers. And the consequences can be devastating. “The best tips I can provide to avoid becoming complacent behind the wheel,” says Constable Mike “Hawkeye” Seel of the Regina Police Service, “[are] just to be sober, well rested and not distracted.” While patrolling the streets on the lookout for questionable behaviour, Seel has seen — and heard — it all. “It’s hard for police to tell if a driver has become complacent,” he says, “because usually, they provide silly excuses for their driving actions or they say nothing at all.”

How’s *your* driving? Watch out for these three common driving errors:

TAILGATING

“[This] is a big issue,” Seel notes. “Drivers may not be aware of the stopping distance for their vehicle based on [their own] speed. Under Traffic Safety Act [regulations], someone can be issued a ticket for \$125 for following another vehicle more closely than is reasonable.” Here’s Seel’s advice on how to determine a safe distance between your vehicle and the one in front of you. When driving 50 kilometres/hour, follow the

three-second rule, and if you’re doing 100, the nine-second rule. “If the back end of the vehicle in front of you passes an object, count to three (or nine) before the front end of your vehicle passes the same object.”

NOT ADJUSTING SPEED TO SUIT CONDITIONS

In adverse conditions, the aforementioned times should be expanded, says Seel. “I also remind drivers that the speed limits are for ‘ideal road conditions,’ but many people drive that speed all year round despite road conditions. Drivers can be issued a ticket for \$205 for driving at a speed that is greater than reasonable and safe for the circumstances.”

NEGLECTING TO CHECK BLIND SPOTS

The third common error relates to making lane changes using mirrors and alerts without physically turning to check blind spots. “It’s hard for police to tell if someone is shoulder-checking. But I have issued many tickets [to drivers] for almost side-swiping my vehicle or other vehicles and for changing lanes when it’s unsafe.” Even with innovations such as cameras and lane-departure warning systems, it’s up to the driver to remain alert and in control. It’s also the law. “Everyone deserves to feel safe in their vehicle,” says Seel. “And police want everyone to arrive at their destinations safely.”

Visit caask.ca/safety to learn more.



Last issue's location was St. Victor Petroglyphs Provincial Park, which has the largest concentration of Indigenous pre-contact rock art in Saskatchewan. This winter issue's featured site will be revealed in the spring 2025 edition.

WHERE IN THE WORLD?

Fair Trades

Customers rave about the homemade soups, sandwiches and freshly baked goods at this homey café almost two hours east of Regina, which is open from March 1st to December 21st. But the story behind the building — involving an infamous series of trades, starting with a single red paper clip — is just as big a draw.



Think you know where this popular café is? Send us a note at caa.magazine@caask.ca with your guess for the chance to win a Go Travel Worldwide USB charger. Check it out at caask.ca/shop and browse the selection of other merchandise.

For contest rules and regulations, visit caask.ca/where-in-the-world-contest.

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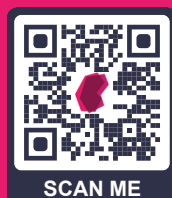


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