

CAA

MAGAZINE

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

SPRING 2023

THE CRETE ESCAPE

LIVE IT UP IN ONE OF EUROPE'S OLDEST CITIES

**Fresh
new look!**

Find out more on p. 5



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SPRING 2023

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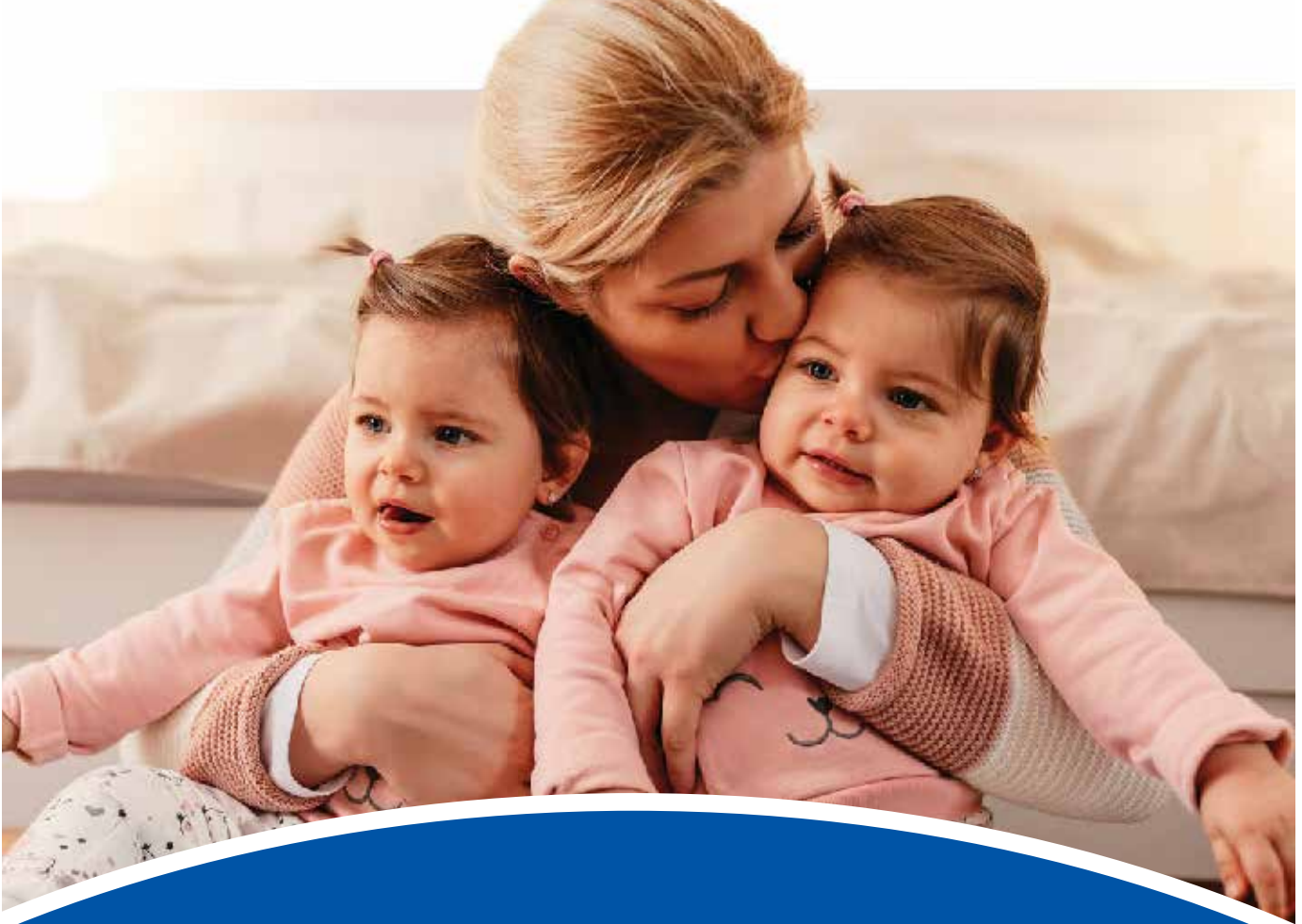
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Fighting Hunger in Niagara

CAA Niagara and Feed Niagara are working together to address food insecurity in our communities.

NIAGARA HAS SEEN a significant increase in food insecurity over the last few years. In an effort to help those in need, CAA Niagara has pledged to provide Feed Niagara with \$100,000 in funding, as well as fundraising support throughout 2023. CAA Niagara's president and CEO, Peter Van Hezewyk, sat down with Jon Braithwaite, CEO of The Hope Centre, to talk about Feed Niagara and its fight against hunger.

Peter: *What is the Feed Niagara coalition?*

Jon: There are 10 food agencies, located in each community across Niagara, that are members of Feed Ontario and Food Banks Canada. We made the decision to band together as Feed Niagara to collectively battle hunger and food insecurity across the region.

How did the pandemic affect food insecurity in Niagara?

Initially, our numbers actually dropped a bit because there was government support available for low-income and unemployed individuals. But as the pandemic went on, we saw a steady climb in the need for food assistance. As we come out of the pandemic, we continue to see the numbers go up. The past eight or nine months have been particularly challenging.

How has inflation and the rise in cost of groceries affected food insecurity?

We've seen a few new trends in the last year. There's been a 40- to 50-percent rise in the number of young families accessing food banks. We're also seeing more full-time working individuals. And probably the most alarming trend is the 50-percent increase in the number of folks accessing food banks for the first time.

What are the biggest challenges Feed Niagara is facing?

Over the next few years, donor fatigue will be a big challenge. Donors have been very supportive through the pandemic. But, as we navigate this recession, at what level will donors be able to continue giving? There are also so many vital charities in our community that will be competing for those limited donor dollars.

Also, typically when we have periods of economic downturn, the last population to recover is the most vulnerable. So, we anticipate seeing an increased need for a long time.

How can CAA Members help the fight against hunger?

We recognize that the rise in grocery costs has forced many to make difficult spending decisions. But if you're getting groceries and able to get two boxes of crackers or two cans of tuna instead of one—those small donations go a long way.

We're looking forward to CAA Niagara's Big Food Boost initiative in August, which is happening at a time when donations are typically lower. If you're planning to visit a CAA Branch in August, bring along your donations. If you aren't able to donate goods, consider volunteering your time at a food bank.

I also encourage people to have empathy for those going through tough times. Food insecurity can be a very stressful experience, and it's natural for those facing it to feel overwhelmed and helpless. By showing empathy, we can help those struggling to feel less alone. **CAA**

To learn more about the work Feed Niagara is doing to stop hunger in our community, visit feedniagara.ca.



Peter Van Hezewyk,
President and CEO
CAA Niagara and
Jon Braithwaite,
Chief Executive Officer,
The Hope Centre.

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Contributors



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



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



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

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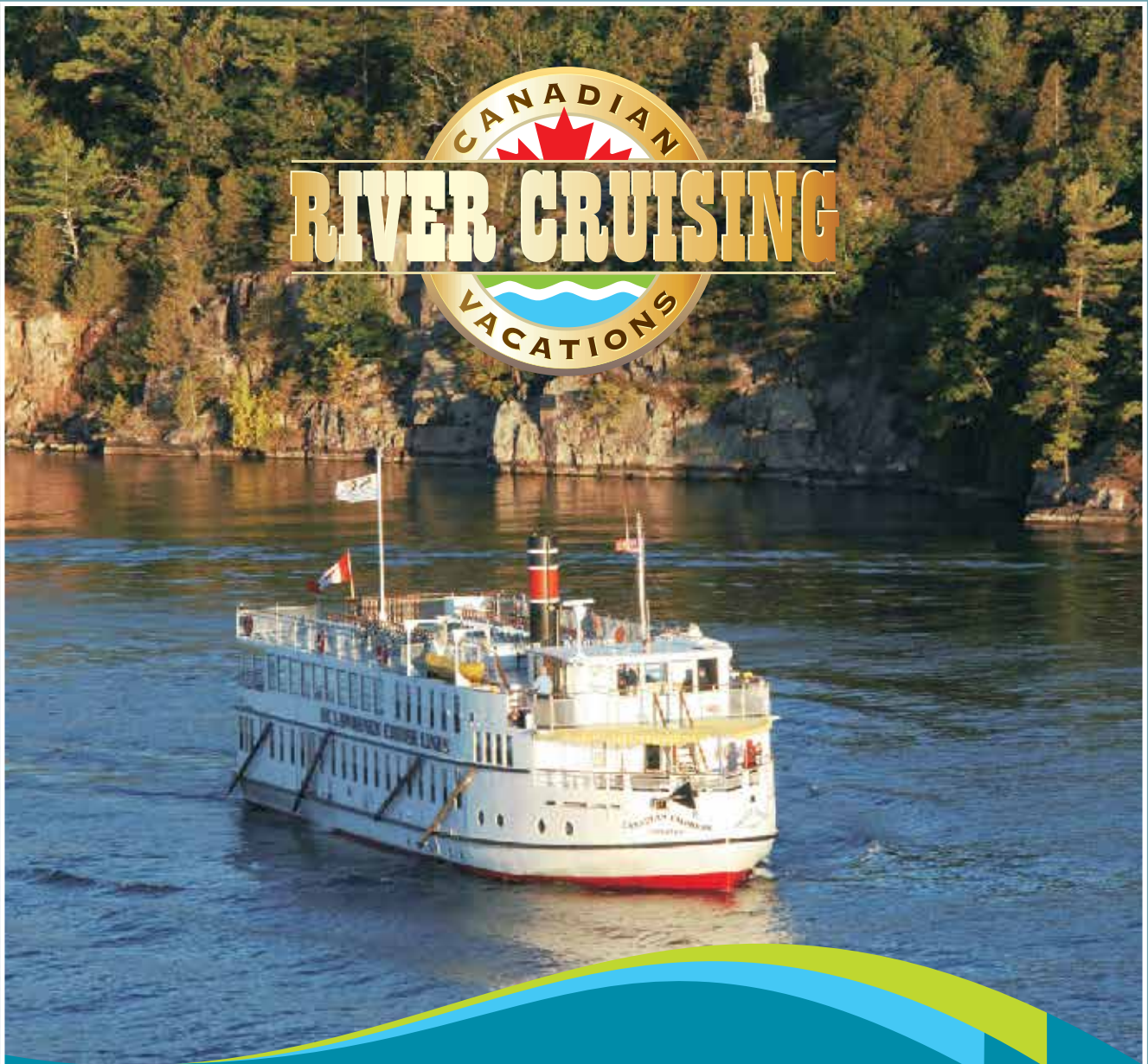
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Member Stories

THE MOST PLEASANT TOWING EXPERIENCE

I called CAA Niagara to have a car picked up and towed back to Scarborough, and the representative was pleasant, informative and detail-oriented. She placed my call in the queue and I received a text on the driver's ETA. The driver showed up shortly after I had placed the call and he was the most cheerful and chatty young man. You could tell he cares about the details and has respect for his job. He ensured that the car would be delivered ASAP. The car was delivered within two hours due to an accident on the 401, but he was just as pleasant when dropping it off and made sure it was safe in the driveway.

-Susan



CAA is an amazing travel agency. If you are looking for a spectacular Disney vacation, look no further—go see Dayna. She went above and beyond for my family. She is so friendly and truly made our vacation memorable.

-Krista

THANK YOU FOR THE GREAT ADVICE

I have been a CAA Member since 1986. I have gifted memberships to my children and others throughout the years. I couldn't do without my membership. I wanted to give my thanks to Marnie for the great, timely service I received. Additionally, CAA staff always provide suggestions, good advice and never make you feel as though you are inconveniencing them. Keep up the great work.

-Diane

Have a Member story you want to submit? Share it with us at magazine@caaniagara.ca and you can be featured in an upcoming issue. Letters may be edited for length and clarity.



FRIENDLY STAFF, EXCELLENT SERVICE

Excellent service from the staff at the St. Catharines branch. Fast and efficient. I would certainly recommend this location to all my friends and family. Thank you for all your help. The insurance representative was very efficient and intelligent. She answered all my questions. The staff at the reception desk were very polite and courteous as well. Thank you once again.

-W.L.

“

I used the travel services to plan and book our honeymoon and it was perfect.



I'm a CAA fan. I have roadside assistance and have auto, home and life insurance—all through CAA. I used the travel services to plan and book our honeymoon and it was perfect. I have been on three Journeys day trips and enjoyed them all.

-Linda



Canada's #1
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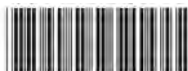
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TO THE RETAILER: Genacol Canada Corporation Inc. will reimburse the full value of this internet coupon plus the established handling fee provided you accept it from your customer on purchase of the item specified. Failure to send in, upon request, evidence that sufficient stock was purchased to cover the coupons presented will void coupons. A reduction in any applicable taxes payable is included in the coupon face value. This coupon is VALID IN CANADA. For redemption, this coupon must be received by mail before SEPTEMBER 30, 2023. TO: REDEMCO INC., C.P. 128, Longueuil, Quebec, J4K 4X8

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

Epic Canadian Day Hikes

Five hikes you can do in a day.

By Andrew Penner

Visit caaniagara.ca/travelinsurance to travel safe.

1

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

Iceline Trail, Yoho National Park, British Columbia

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

21.7 km
1,053 m elevation gain

2

Crypt Lake, Waterton National Park, Alberta

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

18.8 km
878 m elevation gain

3

Centennial Ridges Trail, Algonquin Provincial Park, Ontario

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

10.9 km
482 m elevation gain

4

Mont Albert Loop, Gaspésie National Park, Quebec

It's knock-your-socks-off scenery throughout this challenging wilderness trek. A caribou sighting will ice the cake.

20.4 km
1,101 m elevation gain

5

Green Gardens Trail, Gros Morne National Park, Newfoundland

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

11.3 km
414 m elevation gain

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



Have Le Boat, Will Travel

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



Cruise into savings.

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

The Localer: Jordan Hambleton

From tiny seeds, big things grow.

WHEN INSPIRATION STRIKES Jordan Hambleton, he *has* to take action. Hambleton is an ideas guy. And the newest seed in his mind has grown into a tangible, easy way for people to fundraise for their favourite local charities without spending a cent.

In less than a year from thought to a first-of-its-kind product, Hambleton launched the Many Seeds app in late 2022. In its first week, \$1,000 was raised for not-for-profits in the Niagara Region. Here's how Many Seeds works. As a user, you select three charities, then watch one to three 15-second advertisements a day. The ad money earned from your view is shuttled directly to the charities. "The idea is that a lot of smaller actions can add up to make a really big difference," says Hambleton, who resides in Grimsby.

Eventually, Hambleton would like the scope of Many Seeds to expand provincially, nationally and beyond. For now, he's focused on growing the app's network in Niagara, learning about and connecting with all the local not-for-profits. It's feel-good work for Hambleton to be supporting these crucial causes and to be facilitating others to help, too. "If [Many Seeds] succeeds, it could have a big impact," he says. "It definitely gets me up early in the morning to keep pushing away."

-Aileen Brabazon



Nominate a Localer.

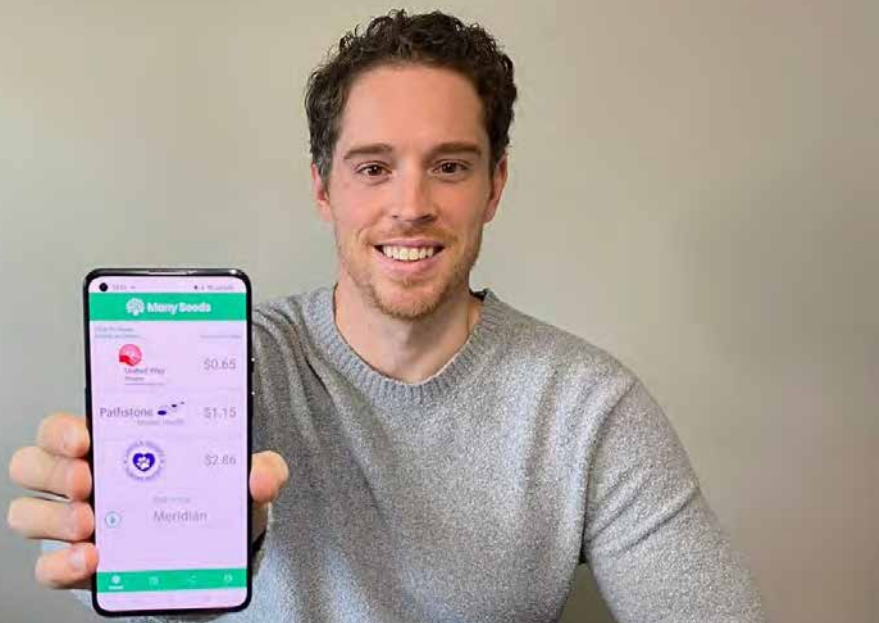
We'd love to hear about people doing great things in your community. Send ideas to stories@caamagazine.ca and they could be featured in an upcoming issue.



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

Step into the Heyday of Modernism in Palm Springs

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

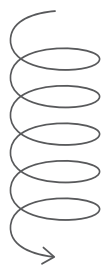


Grimsby resident Jordan Hambleton grew an app that takes fundraising to a whole new level.

Funky Funghi Gourmet Mushrooms

Earthy delights are on the menu with this local grower.

Currently showcased at restaurants across Ontario.



Funky Funghi Farm Kits available for DIY mushroom growers.

Grown in an innovative farm in Pelham, Ont., focused on celebrating organic mushrooms.



Want some? These gourmet mushrooms are available at culinary/craft events in southern Ontario and online at funkyfungi.ca.

Treats are sweet at this “creepy” Niagara Falls shop.



Antidote Apothecary

Gothic charm, childhood candy treasures, decadent homemade cheesecake and desserts — that’s what you’ll find in the cleverly creepy Antidote Apothecary in Niagara Falls, Ontario. Come by to snap a selfie with the Insta-worthy refurbished coffin in the shop window, buy a skull-shaped candle, crunch on freeze-dried gummy worms, savour chocolate creations made by owner James Mattiazzo. If you’re lucky, the resident ghost — a wispy little girl said to haunt the kitchen — will welcome you.

-Liz Fleming



What Are You Listening To, Ryan Langdon?

You might expect three-time Canadian Country Billboard Top 40 artist Ryan Landon to have some excellent tunes pumping when he hits the highway. Whether the Niagara Falls-based musician is navigating the QEW or cruising the streets of Nashville, his tastes reflect his free-wheeling fun musical style, with a lot of pumped-up rock and energetic country songs. When he's ready for the open road, here's what Langdon will be listening to.

Son of the Dirty South
Brantley Gilbert, feat. Jelly Roll

⏮ ⏪ ⏸ ⏩ ⏭

- In the Air Tonight** : Phil Collins
- Kickstart My Heart** : Mötley Crüe
- She's Country** : Jason Aldean
- Let's Go Crazy** : Prince and the Revolution
- Tennessee Fan** : Morgan Wallen
- Any Man of Mine** : Shania Twain
- Welcome to the Jungle** : Guns N' Roses
- A Country Boy Can Survive** : Hank Williams Jr.
- Country Like You** : Ryan Langdon



Broadway sensation returns to delight Toronto theatregoers.

The Princess of Wales Theatre welcomes back the hit Broadway musical *Hamilton*, Feb. 22 - May 14, 2023.

Hamilton Makes Its Triumphant Return to Toronto

AMERICA'S FOUNDING FATHER RETURNS to Toronto for another legendary performance. The Princess of Wales Theatre welcomes back the hit Broadway musical *Hamilton*, February 22-May 14, 2023. The revolutionary story of Alexander Hamilton is told by Lin-Manuel Miranda, who took on the monumental task of writing the book, music and lyrics—this took him seven years to complete.

Based on the 2004 biography by historian Ron Chernow, *Hamilton* takes theatregoers on a musical journey using hip hop, jazz and R&B as its instruments to depict the legacy and historical moments of fight and triumph in American history, awarding an unforgettable experience.

-Sabrina Pirillo



Travel with Us. Journeys by CAA Niagara has day tours to see *Hamilton*. Visit us at caaniagara.ca/journeys to learn more.

Dazzling light installations usher in spring at Toronto's Trillium Park.



Lumière: The Art of Light

Toronto nights will sparkle this spring, when local artists transform Ontario Place into a dazzling venue to reflect the theme of renewal as we welcome the new season. "Lumière: The Art of Light" reinvents the annual Winter Light Exhibition and moves to a new location this year—Trillium Park and William G. Davis Trail. From sunset to 11 p.m., stroll free of charge through the park and marvel at the one-of-a-kind light installations. You can also reserve, for a fee, a spot at one of three firepit locations (ontarioplace.com/whats-on/firepit/). March 10-May 7.

-SP

Anatomy of an E-bike

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

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

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

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



Help for two wheels. It's roadside assistance, for bikes. Your CAA membership includes Bike Assist, which gets you and your bike a ride in the event of a breakdown. Visit caaniagara.ca/bikeassist for more details.



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

Seasonal Allergies in Pets

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

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

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



Insurance for Fido and Fluffy.

Cover your four-footed friend with pet insurance through CAA and Pets Plus Us. Members save 12% (1-833-323-2452).

Air Passenger Rights: Making a Complaint

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

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

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

IF YOU ARE STILL UNSATISFIED, file online with the Canadian Transportation Agency at rppa-appr.ca. But be aware, the process can take up to 18 months.



CAA is advocating for ways to make travel smoother, even when skies are less than friendly.

How to Choose a Green Hotel

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

By Valerie Howes

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

"We should all be committed to contributing to a greener and cleaner environment," says CAA Travel Advisor Melissa Churchill. "One of the ways travellers can do this is to look for a greener hotel!"

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

ASK THE RESERVATIONS TEAM ABOUT ECO-FRIENDLY PRACTICES.

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

CHECK THE PROPERTY'S WEBSITE FOR A SUSTAINABILITY PAGE.

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

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

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



Trout Point Lodge in Nova Scotia offers luxury amid pristine wilderness, along with a strong commitment to eco design and green practices.

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

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

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

VENTURE OFF THE GRID.

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



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

The Heart of Your Vehicle

A happy battery makes for a happy vehicle.

By Matt Bubbers | Illustration by Peter Grundy



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

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

HOW IT WORKS

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

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

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

KNOW THE SIGNS

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

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

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

BATTERY TIPS

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

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



Check your battery? CAA Mobile Battery Service will come to you with no-charge testing for all members.

If you end up replacing your battery, your appointment won't count as one of your annual roadside assistance calls.

Call 1-800-263-3616 or use the app to request assistance.



Crete Dreams

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

By Beth Hitchcock | Photography by Tom Parker

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

For admirers of history and architecture, Chania itself is an irresistible draw. First inhabited around 1,700 B.C. by the Minoans it was later claimed by the Romans, Byzantines, Venetians and Ottomans, which helps explain the city's wide-ranging historic architecture. Walking into town from the Venetian lighthouse (a listed archaeological site) at Chania's port, you'll pass a fascinating mix of neoclassical buildings, Byzantine castles and monasteries dating back to the 11th century.

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



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



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

MARKETS AND SHOPPING

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

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

WHAT TO EAT AND DRINK

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

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

enjoyed with a strong coffee.

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

WHERE TO SLEEP

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

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

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

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

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

IT'S WORTH THE DRIVE

Rent a car and venture out from Chania to view more of the breathtaking landscapes



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

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



and explore the local attractions that make Crete so magical.

FOR THE HISTORY BUFF

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

FOR THE ACTIVE HIKER

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

FOR THE TREASURE HUNTER

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

BEACH DAYS

When you're ready to cool down with a day

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

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

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

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

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

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

→

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

Money Matters

Minimize currency exchange fees and buy euros at your bank before your trip. While in Greece, pay with cash or use a credit or debit card with low or no foreign transaction fees. No matter what, avoid airport kiosks at both the beginning and end of your journey; they charge a premium for the convenience.

Don't Forget a Permit

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



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



We can help you

to book flights, hotels, cars and activities for your next big adventure. Learn more at caaniagara.ca/travel.

Packing Guide

Traveling light is an art form, whether you're visiting Greece for a week or a long weekend. Here's how to carry-on the essentials and still explore your destination in style:



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



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



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



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



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

Visit shopwithcaa.com for all your luggage needs, from hard-side cases to backpacks and crossbody organizers.

The Magic of the Mekong

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

By Erin Campbell



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

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

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

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

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

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

For many, this river cruise is like no other excursion. Some first-time river cruisers remark on the unique blend of cultural immersion and daily activities mixed in with ample time for leisure and social interaction. With 34 staterooms onboard, the ship can carry up to 68 passengers. Not too many and not too few...the optimal number,

Here are some tips for booking your own Mekong river cruise



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



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



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

really, affording opportunities for social gatherings and time for peace and quiet, as you prefer. Perhaps a rejuvenating Cambodian Khmer massage at the end of a day of sightseeing? This can be arranged.

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

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

Most river cruise itineraries include daily trips ashore. This is the time not only to stretch your legs but also to immerse yourself in the local culture. In Sa Déc, once the largest city on the Mekong Delta, we savour lotus tea and candied ginger at the home of Mr. Huynh Thuy Le, the inspiration for Marguerite Duras' 1984 novel, *The Lover*. At the nearby market, vendors sell fresh watermelons and bamboo shoots, live river prawns and mangrove crabs. We enjoy local ingredients both on land and back on the ship, where the menu reflects regional cuisine, such as duck breast with red cabbage and tamarind. Fresh, fruit-centric desserts are irresistible: the mango sticky rice with coconut sorbet is a particular guest favourite. On another day, a visit to the 850-hectare Tra Su Bird Sanctuary presents a visual feast, with hill mynah birds and painted storks soaring above wetlands accessible by

small boats via narrow canals.

Cambodia's capital city of Phnom Penh demands more than a day to take everything in. Afternoon tea at the Raffles Hotel Le Royal is a treat for the eyes and the taste buds. Built in 1929, the hotel showcases French colonial architecture accented by the works of local artisans. Tea at the Elephant Bar pairs scones and clotted cream with a cognac-and-champagne cocktail called the *Femme Fatale*, created for Jackie Kennedy when she visited in 1967.

This is the beauty of our river cruise—the ability to combine luxury indulgence with visits to significant sites and monuments. We wander the gilded century-old

Throne Hall at the Cambodian Royal Palace, decorated outside with statues of Buddhist deities and inside with ornate thrones and golden busts. An exhilarating 300-step climb brings us to the seventh-century hilltop temple at Wat Hanchey and the sight of cheerful young monks, their orange robes contrasted against a striking blue pagoda. For many in our group, the adventure peaks at the ruined temple of Ta Prohm, where giant tree roots cling to the walls and doorways of this 12th-century Buddhist site, to eerie effect. But then we visited Angkor Wat—at 162 hectares, the largest religious monument complex in the world and a UNESCO World Heritage site. It is awe-inspiring.

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

“

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



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



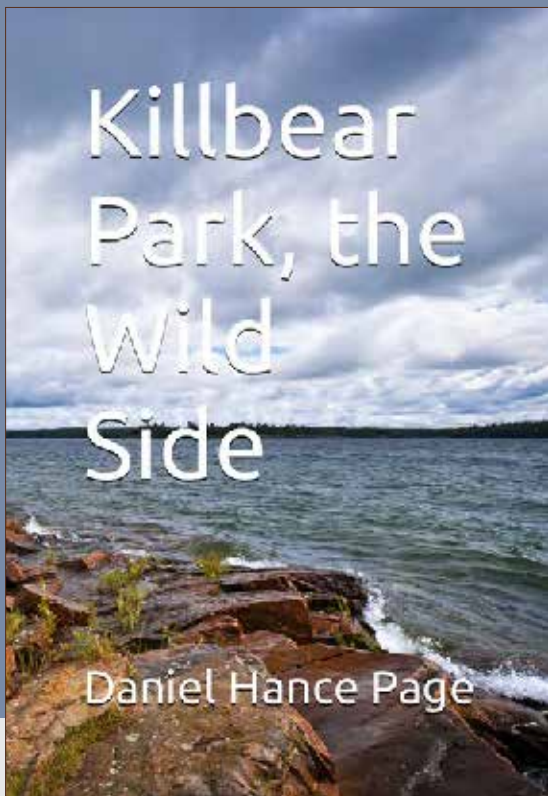
Cut through brilliant green duckweed dotted with lotus flowers as you row along the canals of the Tra Su bird sanctuary.

Take your time

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



Take me to the river. Book a river cruise adventure with CAA to discover its wonders for yourself. A CAA Travel Consultant can help you find a cruise that's just right for you. Visit caaniagara.ca/travel to get started.



The story of a small area that is part of one of the largest wilderness regions in the world where the land is natural, water is clean and visitors can receive a tonic of rest and healing from the spirit of the wild.

This new book about Killbear Park is available anywhere books are sold including Amazon.

Recycle your Ride

Planning your car's retirement? Donate it to Kidney Car—Canada's Choice for vehicle donation.



At a time when we're all searching for new ways to do good in our everyday lives, The Kidney Foundation of Canada's Kidney Car program gives us another opportunity to make a positive impact in our community.

By collecting unwanted vehicles, Kidney Car helps thousands of Canadians living with kidney disease. All proceeds go to funding life-saving programs, including critical patient support, education, organ donation awareness and cutting-edge medical research.

Ready to say goodbye to your faithful ride? Kidney Car's hassle-free process makes it easy.

Not only will you receive a fast, free tow within 48 hours, but you will receive a charitable tax receipt worth \$700 or more. Unsure if your vehicle is eligible? Contact Kidney Car for a no-obligation evaluation.

All vehicles donated are recycled responsibly or sold to be reused.

Kidney Car has been a trusted vehicle donation program in Canada for over 30 years,

collecting well-loved cars, SUVs and trucks every week from generous donors, like Jean.

"I had an excellent experience donating my old Honda Civic to The Kidney Foundation," she says. "The person I dealt with over the phone and the driver

were friendly and efficient. They arranged for my car to be picked up the next day and the towing process didn't take very long."

When you make your vehicle a Kidney Car, you're choosing to improve the lives of individuals with kidney disease, providing hope for them—and their families—when they need it most.



By collecting unwanted vehicles, Kidney Car helps thousands of Canadians living with kidney disease.



Learn more at kidneycar.ca or call the Kidney Car team at 1.866.788.2277



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

What Do Your Gardens Grow?

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

By *Waheeda Harris*

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

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

pledge their commitment to sustainability and biodiversity.

In the well-established farming zone of Niagara, vineyards and orchards may capture the headlines, but there's also plenty of word-of-mouth know-how passed around among locals when it comes to growing vegetables, fruits and herbs to aid fellow residents. Ensuring that everyone has access to affordable food is the Niagara Community Garden Network's mission, and the Niagara Prosperity Initiative, founded in 2008 as a support structure for community greenspaces, is committed to



“

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

addressing poverty and food insecurity.

Sharing knowledge, skills and seeds has led the Niagara Community Garden Network to grow, from a handful of gardens to more than 50, linking a diverse group of local organizations, such as food banks, schools, libraries, neighbourhood groups and social service associations. Since 2020, the network has been funded and facilitated by United Way Niagara.

It's the concept of community that drives the Niagara Community Garden Network, according to program coordinator Erin Riseing. “Our members can discuss any issues they are experiencing and brainstorm solutions. We host learning sessions, tour each other's gardens. It's a great support system.”

Riseing is proud of how the network's partnership with Niagara Region Public Health start community gardens in neighbourhoods that are food deserts and typically without easy access to affordable healthy food. The Ailanthus Community Garden in Niagara Falls is one of the more recent additions to the network, offering a greenspace for the residents of Sunny Home Square—senior citizens who may not have another outlet to practise their gardening skills.

Here are three other community-garden organizations in the Niagara region that showcase how greenspaces are vital to healthy cities and towns:

NIAGARA-ON-THE-LAKE COMMUNITY GARDEN

This garden was planted in June 2019, thanks to the town's committee on Communities in Bloom, a non-profit national organization dedicated to enhancing public

parks and streetscapes with trees and plants to instill civic pride and environmental responsibility. Local volunteers tend to and harvest the vegetables and herbs grown in the 20-by-20-foot plot, with much of the bounty donated to local farm workers and the Newark Neighbours Food Bank.

GRANTHAM GROWING DIVERSITY GARDEN

Twenty-three plots comprise this community garden in St. Catharines, made possible by environmental charity Links for Greener Learning, which promotes community connections and sustainable, environmentally friendly practices. Providing gardening space to newcomers is the mandate, and the goal is to grow fresh fruit and vegetables to strengthen the bonds between neighbours sharing gardening, composting and waste-reduction tasks and tips. Links for Greener Learning has connected 400-plus newcomer families to their communities—and gardens—in the Niagara region.

WITH MY OWN TWO HANDS COMMUNITY GARDEN

Port Colborne-based Port Cares—a non-profit that provides numerous services, such as affordable housing, early childhood education and employment support—jumpstarted the garden initiative With My Own Two Hands. On-site are raised beds and greenhouses, with 28 plots available to citizens of Port Colborne and Wainfleet. Gardeners grow vegetables for their households and also donate to the Port Cares Reach Out Centre and food bank, which offers take-out meals three times a week. **CAA**



Toiling in the soil is a labour of love for many community gardeners.

Get Growing

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

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

Download the *Agro-Bio Diversity Garden Manual*, available at [Links for Greener Learning—linksforgreenerlearning.org/programs/community/](https://linksforgreenerlearning.org/programs/community/)—and has lots of useful information for community gardeners in the Niagara region.



Ready to get gardening?

CAA Members earn 2% back on their online purchases at Rona and Home Hardware. caaniagara.ca/rewards

Exploring Ontario's Heartland

Just south of the bustle of Niagara Falls is a unique destination for nature lovers, thoughtfully conceived to be enjoyed by all.

By *Kate Rae*

WHEN ASKED ABOUT the favourite part of her day as Heartland Forest's executive director, Elisabeth Graham doesn't hesitate: "I love seeing grandparents walking the trails while their grandkids run around." On its surface, that's a simple snapshot, but the visual says so much more about what Heartland has worked to achieve. It's about kids breaking away from technology, which has become so prominent in their lives, and turning to nature to learn about it. And it's about families exploring and enjoying nature together, even though their physical abilities may widely vary.

"At Heartland, everything we do connects back to our two pillars," Graham says, "to help people love, explore and care for the environment, and ensuring it is accessible to all, regardless of ability."

The 200-acre property of mixed wetlands, grasslands and Carolinian forest was purchased in the '90s by Dan Bouwman, an avid nature lover who had settled in the region from Holland, saving it from industrial development. His vision—to create a place that was peaceful and for all people—was inspired by his adored granddaughter, Sydney, who was born with a rare brain disorder, lissencephaly.

The four kilometres of trails winding through Heartland are accessible to mobility devices and strollers, and a newly paved section connects all of the site's amenities to ensure no one will ever



Heartland Forest's four kilometres of trails are fully accessible.

“
I love seeing grandparents walking the trails while their grandkids run around.”

struggle on difficult terrain. But Heartland's commitment to what it means to be accessible for all goes well beyond ramps and boardwalks. There's a new way-finding app developed in partnership with the Canadian National Institute for the Blind to assist blind and visually impaired nature enthusiasts in safely exploring the trails. There is a skills development program where adults with special needs are trained in customer-facing roles. The accessible woodshop provides programs for young adults with autism, one-on-one rehabilitation sessions for adults with acquired brain injury, and group sessions for adults supported by the non-profit association Community Living.

Heartland Forest is open year-round and free of charge, although contributions to the donation boxes located throughout the property are gratefully accepted.

Learn more at heartlandforest.org. **CAA**

PHOTOGRAPHY: COURTESY, HEARTLAND FOREST



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

Contact us at magazine@caaniagara.ca.

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EV Showcase
 Check out p. 48
 for details on how you
 can test drive an EV
 on May 27 and 28 in
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Charged Up and Ready to Roll

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

By Matt Bubbers

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

Making the switch from gasoline- to battery-powered cars, however, is a giant leap for drivers, many of whom have big questions about how an electric vehicle might fit into their lives. We'll get to a few of those

key questions, but first it's worth taking a closer look at how this transition is going.

Electric vehicles (EVs)—also known as battery electric vehicles, or BEVs—are a small but rapidly growing slice of Canada's automobile market. EVs account for 7 per cent of all new vehicles sold in this country, up from just 1.9 per cent in early 2019,

according to the latest figures from market research firm S&P Global.

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

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



The Chevrolet Bolt (above) and the Ford Lightning (opposite page) offer style, utility and affordability as options continue to grow for consumers.

in 10 Canadians are inclined to buy an EV over a gas car when they purchase their next vehicle, with roughly three in ten being certain of that decision,” says Trevor Melanson, a spokesperson for Clean Energy Canada, a think tank at Simon Fraser University.

CHANGING MINDS

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

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

Polestar, Fisker and Canoo, offer compelling alternatives to older brands as well, giving buyers yet more choice.

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

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

ARE EVS REALLY COST-EFFECTIVE?

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

Ryan Peterson, CAA’s manager of automotive services, estimates he saves roughly \$550 per month on gas driving a Tesla

Model Y instead of his pickup. He reckons the Tesla will offset its higher purchase price in fuel savings quite quickly. His father, however, who has a fuel-sipping 2019 Hyundai and doesn’t drive much, probably wouldn’t break even buying an EV, Peterson points out. Every driver’s calculation is different.

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

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

RANGING FARTHER

New EVs, like the Hyundai Kona and Chevrolet Bolt, cost under \$40,000 (including

3 HOT UPCOMING EVS



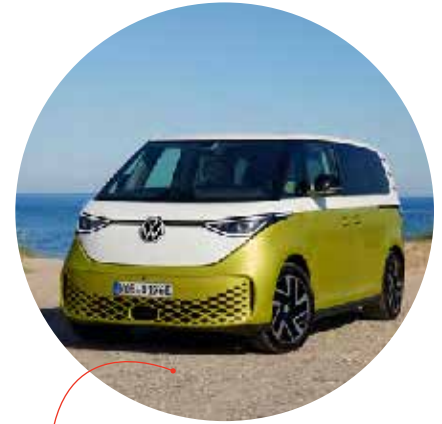
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Available spring 2023. Price, range TBD. Features: “streamliner” design and rear- or all-wheel drive.



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



At a high level—and this has been pretty consistent for a few years now—roughly six in 10 Canadians are inclined to buy an EV over a gas car when they purchase their next vehicle.

the \$5,000 federal EV incentive) and offer 400 kilometres or more of driving range. Each model year brings new vehicles with more range. Nevertheless, in a 2022 survey by autoTrader.ca, limited driving range was still the top reason shoppers didn’t consider buying an EV.

As many EV owners will tell you, range anxiety is real, but it fades quickly. “It disappears,” says Peterson. “Everyone I’ve talked to, after a few weeks or months, they get it.” The ability to charge at home every night means you start every morning with a full “tank” of electricity.

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

infrastructure is often lacking there, too, Peterson cautions.

A study conducted for Natural Resources Canada in 2022 recommended a “significant acceleration” in the rollout of charging infrastructure and highlights “the benefits of taking aggressive actions to improve home-charging access.” This would surely help ease any lingering range anxiety and it will be crucial in order for Canada to meet its EV sales targets.

OUTLOOK FOR 2035

The federal government has mandated that by 2035, all new light-duty vehicles sold should be zero-emission vehicles (ZEVs), a category that includes pure EVs as well as plug-in hybrids and hydrogen fuel-cell vehicles. ZEVs made up 8.4 per cent of the

market as of September 2022, so we’ve got a long way to go.

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

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

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

Butterflies and vineyards in Niagara

Niagara Falls is an obvious favourite attraction—and not to be missed—but a day's drive from the north shore of Lake Erie to St. Catharines provides many opportunities for taking in the region's natural beauty, as well as its generous hospitality and locally grown food and drink. Don't forget the butterflies.



- 1. Downtown Ridgeway**—Up for some small-town charm? A walk along the historic streets is rich in boutiques, spas and art galleries. You'll want to take your time.
- 2. Fort Erie Historical Museum**—Housed in the 1874 Bertie Township Hall, with permanent and changing exhibits telling the story of Greater Fort Erie.
- 3. Kingsbridge Park**—Just five minutes upstream from the falls, this is an ideal quiet spot with a playground, picnic pavilions and walking paths.
- 4. Niagara Falls**—One of the global icons of what a tourist attraction can be... with rides, exhibits and fun things for all ages. World class in so many ways.
- 5. Butterfly Conservatory**—Two thousand-plus butterflies fly free... and you get to pass through the spectacle.
- 6. Queenston Mile Vineyard**—One of Niagara's top producers — especially known for outstanding sparkling wines and Pinot Noirs.
- 7. oddBird**—As local as it gets. Many ingredients come from their own farm. Outstanding local wine list and seasonal cocktails.



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“

Every Reward Dollar® equals \$1 CAD, which can be used for attraction tickets, merchandise with participating retailers—or toward your next vacation and travel merchandise at any CAA Store.

[Read more on page 40.](#)





Dangerous Myths About Driving While High

It's time to weed out misconceptions about driving under the influence of cannabis.

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

Your risk of being involved in a motor vehicle crash can double if you're under the influence of cannabis. According to CAA-funded research conducted by McGill University, cannabis slows your reaction time and reduces your ability to stay in a lane or avoid obstacles. It also affects your ability to make accurate decisions.

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

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

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

The McGill research found that young drivers were at risk of a collision even five hours after ingesting cannabis. And yet, in a 2022 CAA poll of Ontario drivers, more than half of drivers who admitted they drive high said they did so within three hours of consumption. Your reaction to cannabis varies each time you consume it. Edibles take longer to kick in and some studies suggest they can remain in your system for up to 12 hours. There's no clear-cut answer on how long to wait—take a cab.

Learn more about cannabis-impaired driving at caaniagara.ca/impaireddriving.



Is Now the Right Time to Buy a Used Vehicle?

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

Ryan Peterson, manager of automotive services at CAA South Central Ontario, suggests some things to consider.

SUPPLY CHAIN We are in unprecedented territory here. There's such a massive shortage of raw materials and labour that it's filtering down to the car market. And because of this, we're seeing used-car prices soar. So, this is a great time to sell a used vehicle—but only if you can get a replacement.

AFFORDABILITY The market has also cooled off a lot in the last couple of months because of inflation. Not very many people can afford to buy a used car with cash. And with interest rates jumping the way they are, the market is starting to level out now because nobody can afford the loan to buy the car.

STRATEGY It's a good idea for potential sellers to determine the value of their current vehicle. There are tools to monitor the market to get an idea, like the Canadian Black Book. Just because it's worth X number of dollars today doesn't mean in a month or two it will be worth the same amount. It can be higher, it can be lower. For now, just hold on to it; keep it repaired and in good shape because we don't know when prices are going to return to a reasonable amount.

Additional advice is available at caaniagara.ca/auto/buying-and-selling.

You can reach us at 1-866-464-6448 or email autoadvice@caasco.ca.



TRAVELLING SOLO

One is the Only Number

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

“DO WHATEVER YOU WANT THEN!”

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

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

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

DO IT YOUR WAY

As a parent, your trips might revolve around kid-friendly activities. On your own? You're nobody's chaperone. Your partner has dietary restrictions... but by

yourself? Eat whatever you want! Go solo and nobody else's needs or preferences are your problem—and that can be a vacation in itself. It's time to put you first.

START SMALL

First time out? Keep it simple. Try a short trip, maybe to somewhere you've already

been. Or try this: Take a few days apart from your travel companion—go where you want, do what you want—before meeting up again.

THINK SAFETY

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

ALONE BUT NOT LONELY

A group tour can be a revelatory solution, balancing solo travel with social support. “Travelling solo in a group often appeals to people who do not normally travel alone, but still want to get out there,” says Lois Sarkisian, Group Tours Manager at Journeys by CAA Niagara. “In a group, a solo traveller has the option to participate in extra activities on their own or with someone in the group, which can be particularly great during mealtime.”

GET EXPERT TIPS

AMA Travel Counsellor Tammy Allen suggests speaking to one of their counsellors who specialize in solo travel. “We can find the best value for our Solo Travellers, and can make recommendations to help ease stress and anxiety.” For example, she suggests eating at the bar or counter, rather than a table, to encourage conversation with a local or a fellow traveller.

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

Roam Alone

THE FIRST TIME I FELL IN LOVE WITH SOLO TRAVEL

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

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

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

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

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

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Learn more at caaniagara.ca/caadollars.



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Link your CAA Membership to the Shell App to pay from your phone and receive extra entries.

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April 1 - May 15, 2023

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Freshen Up for Spring

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

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

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



Bouclair

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

Dulux

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

Ashley HomeStore

From small spaces to home offices and bedrooms to living rooms—and outdoors too—you'll find something to refresh your home at North America's number-one furniture store. *Online purchases earn 2% in CAA Dollars*

Rona

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

Linen Chest

Here's a one-stop family-owned shop for perfect home accessories and accent pieces, from top-quality bedding and bathroom furnishings to kitchen accessories and home decor. *Online purchases earn 5% in CAA Dollars*

Teleflora

A beautiful bouquet brightens any day—with Teleflora, you can send flowers to someone special (or yourself) and they will be delivered by a local florist. *Save 20% and earn 5% in CAA Dollars online or by phone*

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

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JOURNEYS

BY CAA NIAGARA



ONTARIO MYSTERY TOUR

May 19 to 21, 2023

Tuxedo Classic

Our Canadian Mystery Tour awaits to take you to a new destination! Where are we going? It's a mystery! What are the attractions? They're a mystery! Just sit back and let the adventure begin! While we cannot tell you where we are going, come along and enjoy!



TORONTO BLUE JAYS TAKE ON THE NEW YORK METS

June 1 to 5, 2023

Sports

Travel 700 miles for the love of baseball! Start in Cooperstown at the National Baseball Hall of Fame, Double Day Field, and the Bat company! Then head to New York City to watch the Toronto Blue Jays play the New York Mets twice. Complete your trip with a guided tour of the city and Yankee Stadium.



MACKINAC ISLAND: JEWEL OF THE GREAT LAKES

June 10 to 13, 2023

Relaxation

Experience the tradition of the Grand Hotel, located on northern Michigan's Mackinac Island. Enjoy the spectacular views from overlooking the Straits of Mackinac from the world's longest porch. The Grand Hotel is rich in history, on an island where time moves at the pace of horse-drawn carriages and bicycles.



ATLANTIC CANADA

July 1 to 10, 2023

Tuxedo Classic

The Maritimes are a special part of Canada and possess a rich music and cultural heritage. Explore the unspoiled landscapes and quaint villages of P.E.I., the Cabot Trail, Halifax, Bay of Fundy and Peggy's Cove.



SUMMER THEATRE TOUR

August 15 to 17, 2023

Tuxedo Classic

Ontario is known as the third largest theatre centre in the English speaking world. This summer, enjoy a two night getaway with breakfast each morning and experience three performances and more! A midsummer tour you won't want to miss.



COUNTRY ROADS OF IRELAND

August 11 to 23, 2023

Adventure

Let the luck of the Irish be with you on this guided tour across Ireland! Visit Dublin, Kilkenny, Killarney, and Belfast. See the Ring of Kerry, Cliffs of Moher, Blarney Stone and the Giant's Causeway. Enjoy a ride on a horse-drawn jaunting car in Killarney National Park!



NEW YORK, NEW YORK

August 20 to 23, 2023

Family

An unforgettable experience in the city that never sleeps! See famous landmarks like Central Park, Wall Street, Soho and Ground Zero while on a guided tour. Explore Manhattan's wonders at your own pace and enjoy the best in shopping, theatre and museums.

Slow for Those who Tow

TOW TRUCK DRIVERS are there to help us when needed, but are we doing enough to protect them? Across North America, nearly 100 tow truck drivers have died every year after being struck by oncoming vehicles while helping stranded motorists.

The Slow Down, Move Over law, passed in 2003, is designed to protect first responders—including police officers, firefighters and paramedics—who are tending to a roadside call. CAA advocated to have tow trucks included in the Slow Down, Move Over legislation and, in 2015, the Highway Traffic Act was finally amended to include them. This means drivers approaching an emergency vehicle—or tow truck—with lights flashing must slow down and, if safe to do so, move over.

New this year is that all CAA Niagara tow truck operators have Safety Cloud equipment installed in their vehicles, which sends notifications to nearby drivers when the tow truck safety lights are on. These alerts are delivered via GPS navigation apps, like Waze and Apple Maps, and the infotainment systems of some newer-model vehicles. Safety Cloud alerts provide drivers with up to 30 seconds of advance warning as they approach the rescue vehicle. That's enough reaction time to save lives.



“Our fleet drivers are on the road everyday putting themselves in harm’s way to provide service to our Members,” says Ron Hart, Fleet Safety, Training and Compliance Coordinator, CAA Niagara. “The Move Over law provides an extra layer of protection for them.”

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

At Your Service

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

MOBILE TIRE CHANGE CAA Niagara mobile mechanics and tire technicians are available come to your home and change your on-rim winter tires to summer tires by appointment.

CAA APPROVED AUTO REPAIR SERVICE (AARS) SHOPS You can count on reliable and quality mechanical auto repair services at more than 2,000 AARS facilities across Canada. All work performed at an AARS facility is backed by a 12-month or 20,000-kilometre warranty.

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

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

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

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





It's All in the Details

A harsh winter can take its toll on your car, inside and out. It's time to do some spring cleaning. Jason O'Brien recommends detailing your vehicle twice a year—in spring and in the fall.

Services such as paint correction, wax and polish protect your car from salt in the winter and humidity in summer, notes O'Brien, who owns Superior Car Wash & Detailing, in St. Catharines. "If you have scratches, minor damage or cloudy, yellow headlights, a corrective service can make your car look new."

Regular car washes are also important in protecting your vehicle's paint and undercarriage. A thorough wash prevents scratches from bugs and debris that sit on the surface, says O'Brien, noting too that the products he and his crew use provide UV protection and help extend the life of your car. As for the interior, a meticulous detailing spiffs up grimy floor mats that can be eroded by salt buildup and freshens all the surfaces of your vehicle, including those nooks and crannies, like sticky coffee rings in cupholders.

"Some people love their cars. For others, it's just a way to get from point A to point B," says O'Brien. "Either way, for most of us, our vehicle is an asset worth protecting."

CAA Members save 10% on detailing services at Superior Car Wash & Detailing. Plus, get the first month of your Unlimited Wash Membership for \$1 when you sign up for three months.

Spring Training

As the days gradually warm up, so should you. Here's how to ease into an outdoor workout safely—because nobody wants to sit out the season due to injury.

SEARCH YOUR SOLES

Before trading snow boots for sneakers, check the latter's treads for signs of wear. The typical athletic shoe is built to last 350 to 500 miles, according to the Ontario Podiatric Medical Association. They estimate that if you were to walk in sneakers for 30 minutes each day, they would need to be replaced after about six months.

BE TRUE TO YOU

"Don't compare. Your workout is yours, just like your body," says Cathy Mills, director of personal training and group exercises at The Club at White Oaks, in Niagara-on-the-Lake. She recommends consulting a personal trainer to help understand your abilities.

GET INTO GEAR

The right warm-up wear isn't just for show. Athletes keep their muscles warm to help prevent injury, especially on damp, chilly days.

END STRONG

Don't skip the cool-down period. Stretching after a workout is as important as warming up before you start, says Mills.

CAA Members can earn CAA Dollars® when shopping online for spring workout wear with CAA Rewards® partners, including Foot Locker, Decathlon and Lolë. For a complete list of partners, visit caaniagara.ca/rewards.



UPCOMING DAY TOURS

Join us for an unforgettable day!



HAMILTON

April 5, 11, 12, 25 & May 2, 7

St Jacobs Market & Village

April 29

Toronto Blue Jays vs. Seattle Mariners

April 30

Stars on Ice

May 6

Pelham Art Festival & Tulip Pick Farm

May 13

Harry Potter & the Cursed Child

May 27

Cirque du Soleil: KOOZA

June 4

The Walters Family in Concert

June 9

Monty Python's Spamalot at

Stratford Festival

June 20

Grand River Cruise

June 27

Whether you prefer live performances, professional sports, local festivals or relaxing boat rides, there is a Journeys day tour for you.

For a complete list and more information on upcoming Journeys tours please call 905-322-2712 or visit caaniagara.ca/journeys

JOURNEYS
BY THE NIAGARA

Before You Dig In This Spring...

THE GARDENING SEASON is short in Niagara, so it's tempting to rush in and start raking. Before you do, consider these tips from Beckie Fox of Master Gardeners of Niagara.

Be patient and observant. "Don't rush to clean up perennial and shrub borders before frost is out of the ground," says Fox. "Fallen leaves and twigs offer shelter and food for beneficial insects and birds in early spring." Wait until you see signs of new growth before cutting down spent stems and leaves.

You should also stay off saturated earth. Walking on soggy ground or digging in it ruins the soil structure, according to Fox. "It hinders root growth and makes it difficult for plants to take up water and nutrients."

So, how can you get started? "Rainy days are a good time to sharpen and clean hand tools," she says. Fox also recommends tuning up that mower and using this time to plan. Place orders for soil, mulch, plants and seeds, so you're ready once spring is in full swing.

Members earn 2% back in CAA Dollars when shopping online for gardening essentials from Home Hardware.





Staking your claim

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

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

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

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

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

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

Hit the Patio

No matter the day, those first sips on a spring patio feel like a special occasion.

Here are some local spots ready to get out the tables on that first sunny afternoon.



The Upper Deck TapHouse + Grill, St. Catharines
Sip a pint outside surrounded by vistas of beautiful Twelve Mile Creek. This casual eatery offers all the pub fare classics, including burgers and crispy chicken wings. Can't stay? CAA Members save 20% on all takeout orders.

Queen Bean Cafe & Restaurant, Niagara Falls
Yes, the coffee's great, but you can also enjoy light meals, local wines and craft beers at this charming restaurant with a curbside view of historic (and happening) Queen Street. Plus, CAA Members save 15% on dine-in or takeout orders.

Kully's Original Sports Bar, St. Catharines
This downtown patio is a family favourite—a casual and fun place to take the kids for a burger after their first game of the season. CAA Members save 10% on food items.

Rosewood Estates Winery & Meadery, Lincoln
Look out over the vines as you sip Rosewood wine while sampling small plates that highlight local produce—try something drizzled in their house-made honey. CAA Members who purchase a wine flight can get a second wine flight for 50% off.

13th Street Winery, St. Catharines
Wander through the grounds to view their impressive art collection before settling at the outdoor bistro for seasonal eats and a glass of wine. CAA Members who purchase a 13th Street Guided Wine Tasting can get a second wine tasting for 50% off.

Show your membership card at these and other restaurants for savings and offers that make it easy to pay for the first round. Find participating restaurants at caaniagara.ca/rewards.

Plan an Easy Spring Journey

WHETHER YOU'RE DREAMING of an overseas vacation, a romantic getaway or a quick day trip, Journeys has a plan for you. You'll find options for every type of traveller—the solo adventurer, family group, or fans looking to nab the hottest tickets. It's easy to sign up for a pre-planned journey, so you can just sit back and enjoy. Here are just a few of the places we can take you this spring.

Explore Vancouver Island

May 8, 2023

Touch down in Victoria and experience the city sites, including North America's second oldest Chinatown. Then take in the ocean vistas of Tofino and Ucluelet, view the towering Douglas firs in Cathedral Grove and watch the whales in the harbour.

Let Us Surprise You

May 19, 2023

Leave it to fate (or, more accurately, our travel experts) to decide where you're headed. This two-night Mystery Tour takes place in Ontario, but that's all we can say...until you board the deluxe coach.

See a Jays Game in the Big Apple

June 1, 2023

Catch the National Baseball Hall of Fame and more en route to NYC. You'll tour Yankee Stadium and watch two games: Toronto Blue Jays vs. the New York Mets.

Explore more great Journeys here: caaniagara.ca/journeys.



City in Colour

TREAT YOUR WINTER-WEARY SELF to a celebration of spring with a quick getaway to the Canadian Tulip Festival in Ottawa. Our capital city is in full bloom, May 12–22, with more than a million bulbs planted, radiating from Commissioners Park. Stroll through the park gardens in the afternoon or view the flower beds illuminated at night.

The tulip festival is one of the largest of its kind and attendance is free of charge, attracting thousands of visitors. It's easy to get around if you book accommodations nearby—the Best Western PLUS Gatineau-Ottawa Hotel is just a 10-minute walk from Dow's Lake. We suggest skipping the traffic and travelling by train instead. VIA Rail is an event sponsor and offers frequent service to Ottawa during the festival—plus CAA Members get 10% off tickets in Economy class and Business class.

Watch for Bikes

Spring cyclists are gearing up for the scenic tours of Niagara. Here are some tips to ensure that drivers share the road safely.

PASS CAREFULLY ON RURAL ROADS. Drivers must keep a one-metre distance when passing a cyclist. This is especially important on rural roads where tires may kick up stones that could injure a cyclist.

WATCH FOR E-BIKES. The sound cues and rate of acceleration are different for e-bikes, so pay close attention.

BE MINDFUL OF BIKE TOURS. Cyclists must stay close to the right shoulder. However, in some large groups, pairs ride side by side, taking up the full lane. This way, the length of the line of cyclists is cut in half, which makes it faster for vehicles to pass them, but you'll need to change lanes to maintain that one-metre distance.

DO THE DUTCH REACH. Before exiting your vehicle, reach for the door handle with your arm that's farthest from the door. This means you'll twist your body making it easy to look over your shoulder for approaching cyclists, so you don't "door" them.

Get more bike safety tips here: caaniagara.ca/bikesafety.

A Gem of an Intersection

Motorists take to Ontario's first diverging diamond roadway.

A SAFER, more seamless way to navigate traffic in congested Southern Ontario? Yes, please.

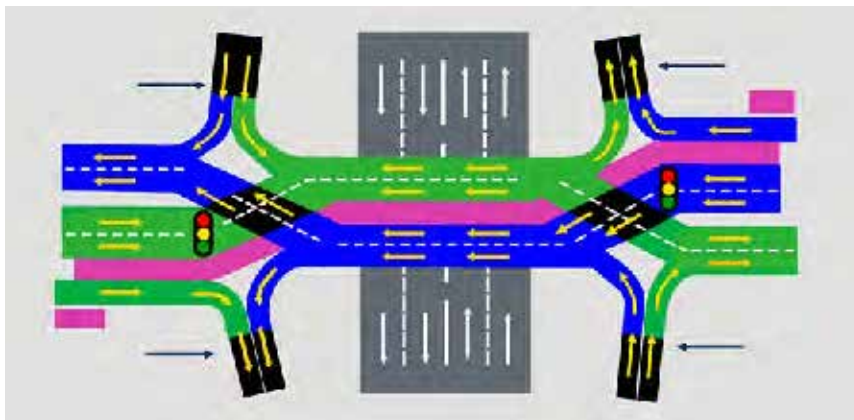
The first-ever diverging diamond interchange (DDI) in the province opened in September 2022 on the section of busy Glendale Avenue that runs over the Queen Elizabeth Way (QEW) in Niagara-on-the-Lake. The third of its kind in Canada—the others are in Calgary and Regina—the Glendale overpass is designed to increase safety, reduce speed and contain fewer spots where crashes tend to happen.

What makes a DDI effective is how left turns are handled. This criss-cross rerouting at signalized intersections allows for more effective traffic flow within the interchange for vehicles and pedestrians. It also enables left-turning vehicles to proceed without having to cross before oncoming traffic.

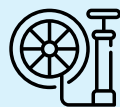
This project was a diamond in the rough—emphasis on the “rough”—at least in the year of planning and construction leading up to its unveiling. Although the DDI configuration has been safely and effectively in use in France since the 1970s and there are upwards of 150 DDIs in the U.S. (with many more in the planning and building stages), its unfamiliarity to Ontarians was a concern.

As a roadway design that moves vehicles in an unconventional path, the DDI was not an easy sell to the public. Many drivers wondered how they would safely navigate it. The key question: Could drivers be expected to cross over at intersections, turning against their ingrained sense of right-hand side driving? Well, evidently, they can. Several months on, traffic was moving smoothly and relatively accident-free through the exchange.

Shine on, you crazy diamond.



Get Roadside Assistance... for Your Bike



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

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

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

Visit caaniagara.ca/bikeassist to learn more.



What's Going On

Mark your calendar for these upcoming events:

ALL ABOUT EVS

CAA Niagara is excited to present its first-ever EV Showcase at The Pen Centre in St. Catharines on May 27 and 28.

Visitors can meet electric vehicle vendors and experts who will showcase their products and services, provide demonstrations and share knowledge about e-mobility. Attendees will be able to test-drive some of the latest EV vehicles on the market, courtesy of the non-profit Plug'n Drive, which aims to accelerate the use of EVs. As well, a panel of EV specialists and enthusiasts will provide insights into the latest advances in EV technology and infrastructure.

This is your chance to get up close and personal with the most recent developments in EVs and witness the future of transportation. Bring your questions—you won't want to miss this.

Learn more at caaniagara.ca/events.

SENIOR DRIVING SEMINAR

Aging can affect your driving, but that doesn't mean you have to hang up your keys. Join us for a free, Member-exclusive Senior Driving seminar, featuring presentations from the Ministry of Transportation Ontario, Public Health and AAPEX Driving Academy. Learn about the testing requirements of drivers age 80+, how medication affects driving and tips for staying safe behind the wheel.

Location: 3271 Schmon Parkway, Thorold, ON
Date: Monday, April 17 at 10 a.m.

To register, visit caaniagara.ca/events.



Auto Insurance that Fits

CAA MyPace™ puts you back in the driver's seat.

YOU TAKE THE TRAIN TO WORK. You walk to the grocery store. You bike around town on the weekends. And occasionally, you need the car to run errands or visit a friend. Sound familiar?

If you fit this lifestyle, chances are that your auto insurance might not. As Canada's only pay-as-you-go auto insurance payment program, CAA MyPace was created to put you back in the driver's seat. With the freedom to pay only for the distance you drive, CAA MyPace can also be a great tool to control and manage the cost of your auto insurance premiums. With the program, Members can save up to 20 percent.

Using CAA MyPace is easy. Here's how it works.

GET IN TOUCH

There are various ways you can get started, no matter how you like to communicate, or your schedule. Prefer to keep it online? Get a quote on our website, any time of day. If you'd rather talk things through and ask questions, you can call a licensed CAA Insurance Agent, contact a broker or visit a CAA Store to learn more.

INSTALL THE DEVICE AND DOWNLOAD THE APP

Next, you'll receive a CAA MyPace device for your vehicle along with simple instructions on how to install it. This device—paired with the CAA MyPace App—is how you'll track your mileage.

GET DRIVING

You'll start with a base rate and will be charged in 1,000-kilometre increments that are reloaded automatically. When you begin approaching the end of the increment, you'll receive a notification, so you can easily monitor your charges.

Get behind the wheel knowing you're in control of your driving habits and budget. Drive up to 12,000 kilometres per year and save with CAA MyPace. Visit caaniagara.ca/CAAMyPaceSavings to learn more.

1 To qualify for the discount you must be a current CAA Member in good standing (CAA Membership dues paid in full by membership expiry date).

A La Carte Members maximum savings on auto insurance is 5%.

Auto Insurance is underwritten by CAA Insurance Company.

Vehicle compatibility and enrollment in CAA MyPace payment program is subject to terms and conditions.

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Certain conditions, limitations and underwriting guidelines apply.



✓ **Wandering wherever the day leads**

✓ **Great savings on auto insurance**

You've earned it

Safe drivers have earned the right to save. Make sure you're not paying more than you should. Save even more with:

- **CAA MyPace™**
Ask us how!
- **Forgive and Forget®**,
safeguards your rate after your first at-fault accident
- **Your CAA Membership**

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To find out more:
1-855-243-1622
caaniagara.ca/safedriver

World Class

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

By Sean Deasy | Photograph by Brendan Burden

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

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

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

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

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

Learn more at nailamoloo.com. **CAA**



We're celebrating Canadians doing good in their communities. Know someone?

Send their story to magazine@caaniagara.ca and they could be featured in an upcoming issue.

What's the Buzz?

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

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

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

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



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

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

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

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



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

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



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

It's just like a fairytale. But if the animals start talking to you, be concerned.

It's a different world up here.
Learn why.

