

CAA MAGAZINE

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Fresh Ideas for Spring

Save money on
HOME REPAIRS

Celebrate
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FAVOURITE
FLOWER**

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SPRING 2022



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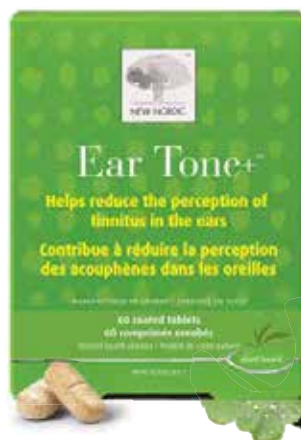
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a message to our members

At press time, travel restrictions as a result of Covid-19 were still in place for many countries around the world, including Canada. Travel is important for so many of us, even when it's just an idea. This is why we're considering travel stories in this issue as inspiration, to help you dream now for when we safely travel again.





PROVIDING A BOOST TO LOCAL CHARITIES

A call for applications for our Community Boost program

IT'S THAT TIME OF YEAR: we are once again accepting applications for our annual Community Boost program.

In 2019, we launched the Community Boost program as a way to focus our philanthropy efforts by supporting two local charities each year. In turn, this has allowed us to have a more significant impact within our community.

In 2021, we received nearly 60 applications from local non-profits over the course of only a few weeks. Those applications were reviewed and narrowed down by a voting committee, which is composed of employees from all levels of our organization. All CAA Niagara employees were then given the opportunity to vote on the remaining candidates.

It was with great excitement that Gillian's Place and Hospice Niagara were ultimately selected to join the program. The two charities will be added to a roster of six Community Boost family members, including Food4Kids Niagara, FORT Youth Centre, Kristen French Child Advocacy Centre and the Distress Centre Niagara.

As part of the program, the two new charities each received a one-time donation of \$10,000 as well as various forms of volunteerism, marketing support and our participation in fundraising events over the span of 12 months. This past year, our team enthusiastically took part in the Walk a Mile—Your Style event organized by Gillian's Place, as well as the Hike for Hospice Niagara.

Each year, as a special component to the program, CAA Niagara also decals a brand new tow truck in each of the chosen charities' branding and colours. These tow trucks remain active in our club's fleet for their entire lives, which is approximately three to five years, giving the charities ample exposure out on the road and in the community.

After the first year, the charities remain permanent members of our Community Boost family and continue to be prioritized during our charitable endeavours. Over the last two years, our club provided additional aid to local charities that had endured significant hardships as a result of the pandemic. We donated \$100,000 in 2020 and \$106,000 in 2021 to a number of charitable groups, including our Community Boost partners.

We are extremely excited to welcome two new non-profit organizations into our ever-growing Community Boost family and provide much-needed support following two very difficult years for the charitable sector.

Interested charities have until April 1 to submit their proposal to CAA Niagara. Based on feedback from CAA Niagara employees and Members, preference will be given to organizations dedicated to community safety, programming for seniors and children, social services and mental health. To download the application form or to learn more about our previous recipients, visit caaniagara.ca/communityboost.

Peter Van Hezewyk
President and CEO,
CAA Niagara

PHOTOGRAPHY [VAN HEZEWYK] DENIS CAHIL

HOW TO
REACH US

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C/O MEMBERSHIP DEPT
3271 Schmon Pkwy.
Thorold, ON L2V 4Y6



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CAA MAGAZINE

SPRING 2022

EDITOR-IN-CHIEF Linda Luong Luck

ART DIRECTOR Peter Zaver

CAA EDITOR Jacqueline Kovacs

SENIOR EDITOR Stephanie Matas

DESIGNERS Cindy Lubinic, Charlotte Watters

CONTRIBUTORS Martha Beach, Matt Bubbers, Katie Carey,

Lisa Gordon, Stephanie Gray, Amy Harkness,

Laura Hensley, Vawn Himmelsbach, Jeff Kirk,

Stacy Lee Kong, Jessica Napier, Tara Nolan, Ryan Peterson,

Lawrence Pinsky, Andrew Raven, Mark Richardson,

Reanna Sartoretto, Steve Scott, Doug Wallace,

Charlene Walton, Mary Wimmer, Meaghan Wray

DIRECTOR, MEDIA SALES Nicole Mullin

SENIOR NAT'L SALES EXECUTIVE Alan Milroy

PRODUCTION MANAGER Caroline Potter

PRODUCTION PREPRESS MANAGER Peter Zephyrine

SJC

ST. JOSEPH COMMUNICATIONS

CHAIRMAN Tony Gagliano

VICE-CHAIRMAN John Gagliano



STRATEGIC CONTENT LABS

GENERAL MANAGER James McNab

SENIOR VP, PRODUCT INNOVATION Duncan Clark

VP RESEARCH Clarence Poirier

DIRECTOR, EDITORIAL AND CREATIVE Paul Ferriss

DIRECTOR, PRODUCTION Maria Mendes

15 Benton Rd., Toronto ON M6M 3G2

contentlabs.ca



**FOR CAA MEMBERSHIP INFORMATION
OR TO CHANGE YOUR MAILING ADDRESS:**

ONLINE caaniagara.ca/myaccount

TELEPHONE 1-800-263-7272

CAA Magazine is created and published quarterly by Strategic Content Labs, a division of 1772887 Ontario Limited, o/a St. Joseph Communications, on behalf of CAA. All product specifications and prices were correct at press time. Merchandise shown is subject to availability while quantities last. The publishers cannot accept responsibility for the safe arrival of unsolicited manuscripts, transparencies or illustrations, but letters are welcome.

Printing: St. Joseph Communications, Print Group.

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To place an ad in CAA Magazine, please contact Nicole Mullin at nicole.mullin@contentlabs.ca.

Publications Mail Agreement Number 40065459

Return undeliverable Canadian addresses to:

15 Benton Rd., Toronto, ON M6M 3G2

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HAVE YOUR SAY

Readers let us know what we're doing right—and where there's room to improve



We received a lot of reader response to the story “Charged Up: A Beginner’s Guide to Buying an Electric Vehicle” (winter 2021). Look for an ongoing series in the magazine throughout 2022, with a more in-depth look at different topics related to EVs.

I WAS VERY INTERESTED TO READ

Matt Bubbers’s “Charged Up: A Beginner’s Guide to Buying an Electric Vehicle” (winter 2021).

Having owned a Nissan Leaf for over three years, I can agree wholeheartedly with Matt’s assessments of the benefits of EV ownership and was particularly pleased to see him downplay the unnecessary worry over range anxiety. All that is required for EV ownership is the ability to charge at home overnight and to allow extra time to plan charging stops for longer trips.

There are a couple of things I would like to comment on that were not covered in his article. First, the driving public needs to be made aware that it is an offence, punishable by a \$125 fine in Ontario, to park at an EV charging station, blocking accessibility to the charging plug. This applies not only to drivers of internal combustion engine (ICE) vehicles, but also to EV drivers who are parked and not actively charging their vehicle. I have only experienced the problem on a couple of occasions, but it is very frustrating

not to be able to plug in, especially if you are low on “juice” and not able to reach an alternative charging site.

Secondly, Matt refers to the different levels of “chargers” that we use. This is something of a misnomer, because of the three charging levels mentioned, only the level 3 DC fast charger is actually a charger. The level 1 and 2 units are EVSE (Electric Vehicle Supply Equipment) and only supply power to the charger, which every EV has on board.

There’s no doubt that anyone who already owns an EV will never go back to an ICE vehicle, and we EVer’s would like to encourage everyone in the market for a new or used vehicle to take an EV for a test drive before making their decision. I know what their answer will be!

Keep up the good work with your excellent publication.

—Stephen Haslam

MY DAUGHTER WAS BORN ON MY 21ST birthday, and we have always enjoyed celebrating our day together.

Covid-19 changed everything, and our family was not able to get together for a long time. But when restrictions loosened slightly, my daughter invited the family to her new home so that we could enjoy lunch and a swim in the pool.

As I headed out across Highway 407, I suddenly heard noises from my car. I had to quickly cross over the four lanes to get to the shoulder. Even though my emergency flashers were blinking, hardly anyone gave me space to reach the side of the road.

The next dilemma was how to get out. I crawled over to the passenger side, and with the wind so strong, I had to hold on to the car just to confirm that I did indeed have a blowout. Sure enough, the tire looked very flat, so I called CAA. Since I was on the side of the highway, they made me a priority and told me it would take approximately 30 minutes.

When the roadside assistance driver arrived, he immediately got to work changing my tire. Once he finished, he said I could only drive about 40 to 50 km/h and only about 40 km and not on the highway. That would certainly not get me to my daughter’s house.

I asked if he could help me find a store that sold tires and directions as to how to get there. He did and gave me the necessary directions.

I told him how nervous I was to get back on the road with everyone travelling at a minimum of 100 km/h. He said he would wait for me to get back on the highway and that he would follow behind and protect me.

What more can you ask for? Thank goodness for CAA.

—Judy Virtue

I’D LIKE TO THANK CAA INSURANCE FOR

going above and beyond to figure out why my car insurance rate was so high—and for getting it greatly reduced!

I’ve been driving for over 40 years, and my insurance recently jumped up about \$500 higher than that of my friends who have newer cars than mine, which is a 10-year-old Mercedes. When I asked why mine had gone up so high, the insurer told me, “Not sure. You have a five-star rating. It’s probably the car you’re driving.”

I called CAA for a quote, and the customer service agent commented, “It could be that you’ve only been driving for five years.”

I told her I’ve had a license for a long time, so she looked into it. By searching an old policy that belonged to my son, she determined that Service Ontario had changed a number on my driver’s license, so I looked like a new driver.

Thank you to the CAA agent for looking further than the screen in front of her, and for saving me a lot of money.

—Ingrid Engman

*Letters have been edited for length and clarity.

compass

Travel / Auto / People / Leisure

THE THRILL OF TULIPS

The annual tulip festivals that bloom around the world are a much-anticipated hallmark of spring. See page 8 for four of our favourites, including one right here in Canada.

FIVE NEW ELECTRIC VEHICLES COMING IN 2022

Car enthusiasts are eagerly awaiting the
Canadian debut of these five EVs
—Matt Bubbers

2022 Hyundai Ioniq 5

Arriving early 2022

When the retro-futuristic Hyundai went on sale in Australia, the first year's production run sold out in just over two hours. Everything about the Ioniq 5 is fresh, from the boxy design to the pixelated lights to the airy cabin. With all-wheel drive and 350 kW fast-charging, it seems poised for mass-market appeal, especially with a starting price of \$44,999.



2022 Lucid Air

Arrival TBD

Last October, California-based start up Lucid Motors opened its first Canadian showroom in Vancouver. American deliveries were scheduled for later that month and, according to a company spokesperson, Canadian deliveries are expected "to follow shortly after." The brand's debut model, the Lucid Air, is an opulent luxury sedan with Tesla-competing range: the \$105,000 base Air Pure model can cover an estimated 653 km before it runs out of power, while the \$229,000 flagship Air Dream edition is rated at 836 km.



2023 Subaru Solterra

Arriving mid-2022

Subaru's first electric model is being co-developed with Toyota. Beyond the fact that it's a compact SUV, little information about it has been released. The Solterra has Subaru's legendary all-wheel drive, and it's a safe bet that it will be the outdoorsy brand's most eco-friendly model ever.





2022 Ford F-150 Lightning

Arriving spring 2022

Ford is doing all it can to tempt truck buyers to go electric, touting the Lightning's 775 pound-foot of torque, sports car-quick 0 to 100 km/h time of around 4.5 seconds and a spacious front-trunk. Ford claims the pickup can even power your house with rationed power for up to 10 days (or three days at full power) in an emergency.

2022 Tesla Cybertruck

Arriving fall 2022

With over a million back orders, the Tesla Cybertruck is one of the most in-demand vehicles. Built with an exterior shell made for extreme durability and enhanced passenger safety. Tesla claims to have reached a new class of strength, speed and versatility that's only possible with an all-electric design. Thanks to its powerful drivetrain and low centre of gravity, the vehicle can accelerate from 0 to 96.5 km/h in as little as 2.9 seconds.



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If you have questions about buying a vehicle or any other car-related inquiries, speak with a CAA automotive expert for unbiased advice you can rely on. Send your questions to autoadvice@caasco.ca.

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one of these
festivals.



DESTINATIONS

Tulip Time

A perennial favourite, the annual tulip blossoming
inspires festivals around the world

—Jessica Napier

CANADIAN TULIP FESTIVAL, CANADA

Celebrating its 70th anniversary this year, this iconic event is the largest public tulip display of its kind. Taking place from May 13 to 23, the Ottawa festival boasts hundreds of thousands of brightly coloured flowers planted in 30 public gardens across the city. The annual event commemorates the strong bond of friendship forged between Canada and the Netherlands during the Second World War. tulipfestival.net

KEUKENHOF TULIP FESTIVAL, NETHERLANDS

Vibrant floral displays and authentic Dutch traditions await visitors at Holland's premier tulip festival, held in Lisse each spring. Affectionately known as the Garden of Europe, the sprawling 79-acre botanical garden at Keukenhof Park is open from March 24 to May 15. Locals and visitors alike flock here to admire colourful flower beds containing millions of hand-planted crocuses, daffodils, hyacinths and about 800 different tulip varieties. keukenhof.nl

SKAGIT VALLEY TULIP FESTIVAL, U.S.

Every April for almost 40 years, floral enthusiasts have been descending on Skagit Valley in Washington State, to embark on self-guided driving tours across the region's fertile farmland as it transforms into a kaleidoscope of colour. This springtime ritual includes a street fair, public art shows and an assortment of tulip-inspired events and activities. tulipfestival.org

TESSELAAR TULIP FESTIVAL, AUSTRALIA

Want to see tulips in full bloom later in the year? The Tesselaar Tulip Festival, which takes place near Melbourne, Australia, is the southern hemisphere's must-see floral event. From September 11 to October 10, the Yarra Valley serves as a breathtaking backdrop for thousands of dazzling petals planted in photogenic rows of rainbow hues. The month-long celebration also offers such family-friendly programming as tractor rides, live entertainment and food pavilions serving traditional Dutch treats. tulipfestival.com.au

ASK AN EXPERT

SHOP TALK



CAA auto expert
Ryan Peterson answers
your questions

The engine in the 2021 Ford Escape automatically shuts off when the vehicle stops at a red light or stop sign. Are the gasoline savings that substantial when measured against the cost of repairing or replacing an overworked ignition system?

—Randall Brown

A: A vehicle's ignition system is not impacted by stop/start technology. The ignition system has the same load whether it's starting a vehicle or cruising down the highway. However, the battery on some designs can be impacted and its life potentially shortened.

But studies have shown that the fuel savings offset battery replacement cost. Plus, it's a win for the environment.

The fall 2021 Shop Talk recommended leaving the battery in a car during off-season storage to retain its "memory." I've been told that it's better to remove the battery because it can give off corrosive gas while in storage, which is why battery trays are always rusty.

—Craig McCormick

A: Batteries do give off corrosive gases or fumes while being charged, which is one of the important reasons to charge a battery in a well-ventilated area and never inside a house. The amount of fumes also varies with charging rate—the smaller the charge rate, the smaller the amount of fumes.

SEND YOUR CAR QUESTIONS TO
caamagazine@contentlabs.ca



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POLICY REVIEW

Review your home insurance policy annually to ensure you're fully protected. Visit caaniagara.ca/homeinsurance to speak with a licensed CAA Insurance Agent—even if you're insured elsewhere—for more information.

INSURANCE

WHEN SHOULD YOU UPDATE YOUR HOME INSURANCE POLICY?

If you make any changes to your home—from renovating to downsizing—it's worth getting in touch with your insurer. —Vawn Himmelsbach

MAYBE YOU FINALLY got around to that kitchen reno or installed a pool during the pandemic—but did you review and update your home insurance policy with each major change or addition to your home?

"If you're doing anything to your home, talk to your insurance agent or broker and advise them of any changes to ensure you're fully protected," says Elliott Silverstein, director of government relations with CAA South Central Ontario.

Updating your policy doesn't necessarily mean you'll end up paying more for your home insurance, Silverstein says. Rather, it will better reflect your current living situation, providing the appropriate amount of coverage should you need to make a claim.

And if you're not sure whether something will impact your coverage, clarification is just a phone call away. "When in doubt, don't assume," he says. "Ask the question."

Here are five changes, additions or modifications to your home that warrant a review of your home insurance policy.

- ✓ **Renovations**
If you've undertaken a sizable renovation, such as finishing your basement, it could increase the replacement cost of your home in the event of a claim.
- ✓ **Pools and hot tubs**
While this technically falls under the renovation category, it also comes with new risks, so you may need to consider liability coverage. Be sure to call your representative about your particular situation.
- ✓ **Increase in property value**
If the market value of your property has increased over the years, you may need to increase your coverage to reflect this.
- ✓ **Adding personal possessions**
If you've accumulated high-value possessions, such as jewellery, artwork, furniture or electronics, you may want them reflected in your policy in case of damage or loss.
- ✓ **Downsizing or retirement**
While some people tackled renovations during the pandemic, others downsized, decluttered or even retired. You could potentially save money if you're paying for coverage you don't need.

TRAVEL TIPS

PACKING MAKES PERFECT

Road trip, train trek or leaving on a jet plane, these tips for packing a suitcase will get you there and back with minimal fuss —*Doug Wallace*

PACKING MIGHT SEEM LIKE A SIMPLE PRE-TRAVEL TASK, but trust us: it's actually an art form. To help you prevent wrinkles and avoid over-packing—and ensure you arrive at your destination with all the essentials—we have the advice you need to become a packing pro. Follow these six tips to efficiently prepare for any trip.

1.

ROLL, NEVER FOLD

This old adage works to keep wrinkles to a minimum. Tops are the only exception. They should be folded, then neatly stacked in a zippered packing cube. Roll delicates with tissue paper to prevent further wrinkling. Bottoms can be rolled and then arranged in the cubes, too.

If you have to take a suit jacket of any kind, wear it instead of packing it. If you must pack one and you're not taking a garment bag, fold it inside out, aligning the shoulders, then roll.



**MyTagAlongs
Long Haul
packing set**
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2.

RESEARCH THE AMENITIES

Is there laundry service at your hotel or resort, or a washer and dryer on site? A quick Internet search for a laundromat in the neighbourhood can reduce the amount of things you need to take by half. So instead of a giant suitcase, a carry-on might be sufficient.



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Trenton II
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overnighter**
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3.

LIMIT TO ONE ITEM OF EACH KIND

Edit your wardrobe down to one of each when it comes to jackets, suits, skirts, jeans and khakis. Bring just one black shirt, for example, rather than all five in your closet. Dress up versatile neutrals with colourful accessories, like scarves, ties, pocket squares and statement (but inexpensive) jewellery, which can be packed in small plastic bags or a clear pouch. And never pack anything you would be sad to lose.



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4.

PARE DOWN THE FOOTWEAR

Take just one pair of shoes in each style—one dress, one casual (and comfortable), one trainer and one pair of sandals or boots. Make sure that at least one pair is waterproof. Select a runner that looks good with casual pants. Don't forget flip-flops for the pool.

Pack socks inside shoes to maximize suitcase space. Use either cloth shoe bags or plastic bags if you're heading somewhere wet or snowy.



**Poppin
shoe bag**
\$10.48
*Staples**

5.

SEPARATE ALL TOILETRIES

Pack small bottles of liquid products in one toiletry bag and dry items like razors and cotton swabs in another. This way, if you're just using a carry-on, the dry items aren't taking up precious liquid space. It goes without saying that everything needs to be travel size, but try to select toiletries that do double duty, such as a moisturizer with an SPF and a shampoo and conditioner in one.



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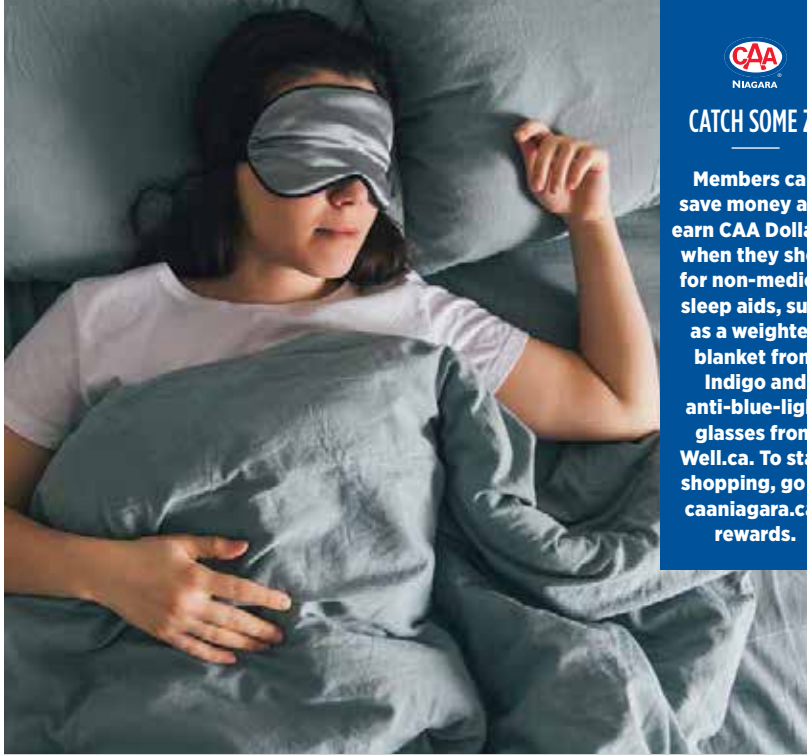
6.

ALWAYS BE PREPARED

Pack a fold-up vinyl bag in case you over-shop. And never close your suitcase without adding a swimsuit—a hot tub might be just around the corner.



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foldable
travel bag**
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CATCH SOME Zs

Members can save money and earn CAA Dollars® when they shop for non-medical sleep aids, such as a weighted blanket from Indigo and anti-blue-light glasses from Well.ca. To start shopping, go to caaniagara.ca/rewards.

WELLNESS

Sleep Tight

Need a hand getting some shut-eye? Here are four tips to help you get a good night's rest —*Stephanie Gray*

CANADIANS ARE NOT sleeping well. One in two adults have difficulty going to sleep or staying asleep, according to a 2019 study by Statistics Canada. Poor sleep has been associated with both short- and long-term health effects, such as hypertension and poor memory consolidation, not to mention being exhausted the next day. Implementing good nighttime habits—like maintaining a regular sleep schedule and ensuring your room is dark and cool—is a must. For those of us who need a little extra help, here are four tools to try.

Download an app

Practicing mindful meditation before you doze off has been shown to help quiet your brain for better sleep. Headspace (headspace.com) and Calm (calm.com) are two popular apps that offer sleep-specific meditations, music and stories to help you swiftly drift off into dreamland.

Snug as a bug

Using a weighted blanket is a quick way to induce peacefulness,

decrease stress and increase levels of the sleep hormone melatonin. Look for a blanket that's about 10 percent of your body weight—the sweet spot for most people.

Limit screen time

Our devices are doing more than keeping us from hitting the hay. The blue light they emit also impacts our biological sleep-wake cycle. Stop using screens at least 30 to 60 minutes before bed, and consider blue-light-blocking

glasses or a blue light screen protector.

Keep it cool

According to the National Sleep Foundation, our bedrooms should ideally be between 15.6°C and 19.4°C for sleep. A more eco-conscious alternative to blasting your AC is a smart mattress pad, like the Slumber Cloud, which has two layers of NASA-approved temperature-regulating technology.

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AUTOMOTIVE TIPS

Automotive Safety Accessories

Everything you need to stay safe on the road
—Mark Richardson

MODERN VEHICLES PROVIDE more features than ever before, but there are still some accessories you should consider to make your drive safer. From a backup power bank for your devices to industrial-grade flares, here are the inexpensive accessories every driver should have on hand.



FARADAY GUARD

Thieves can now break into your car by standing near its electronic key fob—such as right outside your front door—where they can use an illegal tool to clone its signal and create their own key. Prevent this by keeping your fob in a Faraday box or bag, which blocks the signal.

**Pacsafe Silent Pocket
Faraday phone/
car key guard**
\$59.39

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**Skross Reload 6
power bank**
\$44.99

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EMERGENCY FLARES

LED flares make it easier for other drivers to see you and your vehicle in the event you're stranded on the side of the road. These durable lights last for up to 38 hours and are shatter-, shock- and waterproof.

**Olympia
emergency flare light**
\$29.69

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HELP AT YOUR FINGERTIPS

Download the **CAA Mobile App™** to quickly and easily request roadside assistance, then track its status in real time. Visit caaniagara.ca/app to learn more.



HAIR GROWTH

FRUIT EXTRACT HELPS TO INCREASE HAIR COUNT & SUPPORT NEW HAIR GROWTH

Hair loss is common as we age, but few treatment options have been available or effective. Supplements have been able to nourish the hair, but few help promote new hair growth. However, newer studies are finding some hope.

THE FRUIT EXTRACT

Scientists at the University of Kuala Lumpur have identified compounds in palm fruits, called tocotrienols, which significantly help promote new hair growth. These “super antioxidants”, from the vitamin E family, are thought to reduce inflammation levels in the scalp, which is a condition commonly associated with alopecia.

THE STUDY RESULTS

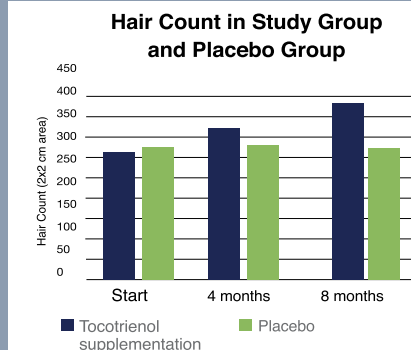
Repeatedly, clinical studies are confirming the effect of tocotrienols in helping to increase hair count. In a clinical study done to obtain a patent, scientist could show that everyone in the study group taking 50 mg of a tocotrienol complex, had positive results after 5 months, and the mean increase in number of hairs was 42%*.

Individual number of hair at baseline and 5 months after tocotrienol and placebo supplementation							
Tocotrienol				Placebo			
Volunteer	Baseline	5 months	% change	Volunteer	Baseline	5 months	% change
1	290	477	64.5	1	104	744	718
2	380	403	21.8	2	391	385	-1.5
3	496	603	21.6	3	358	349	-3.1
4	223	170	-23.9	4	354	296	-16.4
5	110	133	20.9	5	273	258	-5.7
6	266	358	34.6	6	286	267	-6.6
7	110	274	150.1	7	307	279	-9.4
8	258	298	15.5	8	219	223	1.8
9	314	344	9.6				
10	287	316	10.1				
11	179	274	53.1				
Mean	264.8	345.5	42.4	Mean	291.5	289.6	-1.4
SD	112.9	124.7	40.9	SD	73.6	58.2	13.8

*11/120,268, US PATENT, HAIR GROWTH FORMULATION, HOVIS, SDN BHD

THE SECOND STUDY

A second, and larger study, was done to confirm these results. The study group was monitored for the number of hairs in a pre-determined scalp area at 0, 4 and 8 months. The results were impressive. The number of hairs increased significantly as compared to the placebo group, recording a 16% increase at 4 months and a 34.5% increase at the end of the 8-months, compared to a 0.1% decrease in the control group.**



Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained on average 34.5% more hair or an increase in average hair count from 285 to 383 hairs.**

**Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei and Hay, University Sains Malaysia.



Both studies in Malaysia used a tocotrienol complex, now patented and sold as a supplement. In Canada, this tocotrienol complex is available in the product Hair Gro™, available at pharmacies across the country.



Results may vary. Always read and follow instructions prior to use.



For Information & Advice:

1-887-696-6734

www.newnordic.ca



TAPPED IN

Sugar maples grow primarily in North America, specifically in the northeast, making them rare and unique. The bonus, of course, is they produce that most Canadian of sweets—maple syrup. Read on for tips on indulging in the sugar shack experience.

by LAURA HENSLEY

CANADA IS the proud producer of the majority of the world's maple syrup. In 2020, we produced 14.3 million gallons—an increase from 2019's record year of 13.2 million gallons. And it's not just for export. Visiting a maple tree farm to see first-hand how this golden syrup is made is a sweet weekend activity, too. The prime time is from February to mid-April, and these six sugar shacks will not disappoint.



WHEELERS MAPLE

The family-owned Wheelers Maple has been tapping trees since 1978. In 1996, they built a pancake house, which sits in the middle of a 730-acre forest in the Lanark Highlands. Aside from being one of the largest sugar bushes in Ontario, with 20,000 trees, it also boasts an on-site museum. The Wheelers Maple Heritage Museum is home to more than 5,000 items that pay homage to Canada's maple sugaring history, including serving jugs and sap spouts. The expansive collection holds the Guinness World Record for the Largest Collection of Maple Syrup Artifacts.

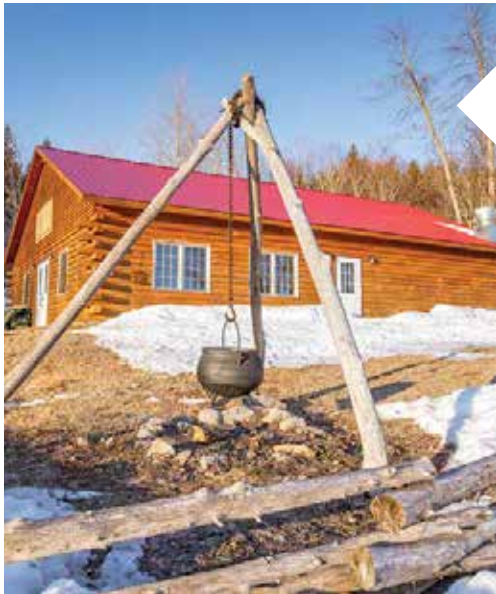
wheelersmaple.com



FULTON'S PANCAKE HOUSE AND SUGAR BUSH

The Fulton brothers started tapping maples in 1840 on their farm in Pakenham, Ont., located less than an hour from Ottawa. Generations later, members of the family, including Shirley Fulton-Deugo (pictured), are still producing maple syrup—some from trees that are more than 200 years old. Today, the 400-acre sugar bush has evolved into a site where guests can enjoy cross-country skiing, snowshoeing and hiking. You can take home such goodies as maple shea butter, snow maple tea, Madawaska maple coffee and, of course, organic maple syrup.

fultons.ca



DUMFRIES MAPLES

Located in the Saint John River Valley in New Brunswick, Dumfries Maples has grown from a private hobby sugar bush to a commercial operation. Visitors can now come to the farm to enjoy fresh syrup, maple butter, candy and maple cream, all produced on-site. Guests can also sample taffy in the snow and enjoy a pancake breakfast in the cookhouse.

dumfriesmaples.ca



SUCRERIE DE LA MONTAGNE

Unlike most sugar bushes, which are open seasonally, Sucrierie de la Montagne in Rigaud, Que., is open year-round. The sugar shack is a designated Quebec heritage site that is nestled in the middle of a 120-acre forest.

sucrieridelamontagne.com



ÉRABLIÈRE DU LAC-BEAUPORT

Just outside Quebec City is one of the province's most famous sugar bushes. The family-run destination is home to two small museums: one is devoted to the history and evolution of the maple industry, and the other focuses on animals native to the province, such as black bears, moose and coyotes. Guests can tuck in to a traditional sugar bush meal that includes French Canadian pea soup, maple-flavoured brown beans with pork, meat pie and maple taffy in the snow.

erablierelacbeauport.com

TRITES MAPLES

Family owned and operated since about 1900, Trites Maples is located in Stilesville, N.B. Today, the family carries on the tradition of tapping pure maple syrup from the same trees as previous generations.

tritesmaples.ca



READY TO EXPLORE?

CAA Travel Consultants can help you plan and book a trip to experience tapping a maple tree first-hand. Plus, they can make sure you have the right travel insurance to help protect your trip. When you're ready to travel again, visit caaniagara.ca/travel.

TIME TO BLOOM

This season's blossoming flowers and verdant gardens have inspired these fresh finds from CAA Rewards® partners, all available online

1. Logitech Design Collection Limited Edition Wireless Mouse

Give your desk an outdoorsy update with this compact wireless mouse.

STAPLES

Earn 3% in CAA Dollars*

2. Creator Flower Bouquet

Build your own arrangement piece by piece—literally—with this Lego set from the Danish toy company.

LEGO

Earn 3% in CAA Dollars

3. Toms Alpargata Paper Source

Put your best foot forward in these iconic canvas shoes—perfect for the warmer weather thanks to a vibrant garden party-inspired print.

TOMS

Earn 7% in CAA Dollars

4. Toddler Dress

An easy-to-wear dress with a cheery floral pattern that is ideal for any occasion.

JOE FRESH

Earn 5% in CAA Dollars

5. The Pioneer Woman Flea Market Five-Piece Prep Set, Four-Piece Measuring Bowls

Hand-painted designs make these stoneware measuring cups a bold addition to any kitchen.

WALMART

Earn 2% in CAA Dollars

6. Burton Gromlet Backpack

This backpack has two front pockets for easy access to snacks, masks and other necessities, while a small laptop sleeve protects devices.

ALTITUDE SPORTS

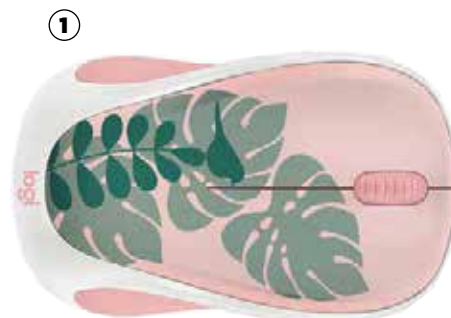
Earn 4% in CAA Dollars

7. Dior Miss Dior Blooming Bouquet and Lip Glow Gift Set

Indulge yourself or someone else with this collection, which contains an eau de toilette, lip glow and nourishing hand cream, with notes of damascus rose, peony and white musk.

SEPHORA

Earn 5% in CAA Dollars



To access the online offers, visit caaniagara.ca/rewards, select a retail partner, enter your CAA Membership number where instructed and start shopping!

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The Hear and Now

How hearing aids help you hear life to its fullest and be your very best self

Closer couples

Communication is key when it comes to relationships, especially with your significant other. But what if you can't hear them or they can't hear you? Miscommunication can be frustrating and lonely. Research by the Better Hearing Institute has shown that hearing aids help stimulate conversation and build warmer personal relationships.

Get active

If you play a team sport or do group fitness classes, you know just how important it is to hear those around you. For safety, it's also essential to hear sounds while walking, biking, working out or golfing. When you have an effective hearing solution, you're more likely to participate in organized active pursuits.

Social butterfly

Hearing loss can be frustrating for you—and the person you're talking to. Not surprisingly, studies show that people who combat hearing loss with hearing aids find they have better conversations. These positive social interactions foster closer connections and more upbeat daily rituals at work, running errands or on the phone.

Mood booster

Being able to hear just feels good. Having a clear and lively conversation with someone makes you feel involved. That seemingly simple interaction boosts your self-esteem, mood and overall outlook. If you have hearing loss, being fitted with hearing aids can change your quality of life. CAA members **save up to 20%*** on hearing technology and **15%** on everyday listening products with Connect Hearing.

Take control of your hearing health. Book your hearing test at connecthearing.ca/CAA or call 1-888-486-0177

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



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SECOND LIFE

Spring cleaning? Donating your gently used toys, electronics and other household items is a planet-friendly solution.

by MEAGHAN WRAY

FEEELING THE URGE to purge your basement, closet or toy room of things you haven't used in ages? Consider donating them instead of throwing them away. Not only will you help those in need, but you'll also avoid unnecessarily adding to landfill sites. Just make sure that items you're passing on aren't broken, missing pieces or unusable, so that the charities you're donating them to doesn't have to throw them out. Here are eight organizations that take donations of gently used items.

Appliances, clothing and other household goods

Many national and local associations accept goods that can be resold, with proceeds supporting charities or community groups. Some will even pick up larger items for free. But call your local chapter to see what they might need—or have space for—before dropping things off.

DIABETES CANADA In most major cities across Canada, you'll find donation bins where you can place clothing, footwear, towels, blankets and bedding. If you schedule a pickup, you can also include

electronics like cameras, laptops, tablets and gaming consoles, as well as toys, small appliances like blenders and irons, bakeware and pots and pans. declutter.diabetes.ca

HABITAT FOR HUMANITY

There are over 100 Habitat ReStore locations across the country that accept appliances, furniture, light fixtures, tiles and unopened paint. Some branches also have pickup service. habitat.ca

SALVATION ARMY Proceeds from items sold at the 200-plus Thrift Stores across the country go toward supporting the charity's programs and services. You can drop off clothing, toys, seasonal goods and housewares directly at their shops. salvationarmy.ca

GOODWILL Clothing, shoes, books, toys, sporting equipment and household goods donated to this charity are sold through their community stores or sent to their recycling centre. The sale of these items helps fund various programs, such as job training and family services. Your donation may also qualify for a tax receipt if it is worth over \$200. goodwillindustries.ca

HAKIM OPTICAL Drop off old glasses—including prescription reading glasses, single vision or bifocals, children's glasses and prescription or non-prescription sunglasses—at any of the company's 160 stores. Eyewear is distributed to those in

need in Africa, the Philippines and the Caribbean. hakimoptical.ca/outreach

TINY TOY CO. Mail toys in good condition and small loose parts to this Toronto-based business, founded by Rebecca Saha, a teacher and librarian. She upcycles everything from metal cars to stray game pieces into learning kits and party favours. tinytoyco.com

Electronics

BEST BUY Your local Best Buy retailer can help you properly recycle old electronics, like cellphones, monitors, printers, televisions, audio or video systems, gaming consoles, microwaves and their related cords. Just make sure to erase any personal files or information from electronic devices. They'll also take old batteries for proper disposal. bestbuy.ca

Cars

KIDNEY CAR Whether your car is running or not, the Kidney Foundation of Canada will take it off your hands. Vehicles accepted for this program are either sold or recycled, with money going to support research and programs for kidney treatment and transplant patients. kidneycar.ca ■



GET ORGANIZED

For the stuff you do want to keep, order boxes, baskets and other storage solutions online from such CAA Rewards® partners as Walmart and Linen Chest. For a complete list of CAA Rewards partners, visit caaniagara.ca/rewards.



GREEN SPACE

Gardening tips for balconies and other small areas

by TARA NOLAN

GREEN THUMBS WITH small spaces or balconies may need to get a bit more creative when planting, but there are lots of options for gardening enthusiasts. That's where container gardening comes in.

"You can buy containers designed to be wall mounted, to sit on railings and even to self-water," says Andrea Bellamy, author of *Small-Space Vegetable Gardens: Growing Great Edibles in Containers, Raised Beds, and Small Plots*. "Besides size, consider weight. Lightweight plastic is great for balconies and bad backs. Terracotta often cracks at below-freezing

temperatures," she says. "Let your personal style influence the rest of your choices."

Keep drainage in mind

Your pot should have holes for drainage, but be careful if you're on a balcony. You'll want to make sure you have something to catch water runoff, such as a tray.

You'll need to water your containers regularly, if not every day, especially in the summer. The best time to water is early in the morning, which gives the plant time to absorb water before the heat of the day dries out the soil.

Once you're ready to plant, make sure you purchase

potting soil, which is lighter weight than garden soil. There are special formulations for vegetables and blooms—or all-purpose for both.

Choose hardy plants

Gardens in smaller spaces may be subject to more difficult growing conditions because they're often in an urban setting. Shade, blazing heat and wind are also factors to consider when picking your plants. Bellamy says you can mitigate these environmental factors by introducing a trellis to provide protection. For more information, see "Plant Selection" (right). ■

PLANT SELECTION

Set your garden up for success by choosing flowers, vegetables and herbs that will flourish in containers

Flowers like pansies and marigolds thrive in containers and are pretty in a single-species pot. You can also combine plants by adding some foliage or herbs—like flat-leaf parsley or pineapple sage—among the flowers.

Look for veggie varieties that are meant to be grown in containers or small spaces. Clues can be found on seed packets or plant tags: for example, "Patio Snacker" cucumbers, "Tiny Tim" tomatoes and "Sugar Baby" mini watermelons.

Too much shade on your balcony? Most leafy greens, like coleus and ornamental grass, are happy in partially shaded areas. Perhaps your backyard scorches in the afternoon sun. Opt for Mediterranean herbs, like rosemary and basil, which Bellamy says can handle the heat.

AWAKEN YOUR SENSES IN KAWARTHAS NORTHUMBERLAND

Take a scenic drive across the rolling hills of Kawarthas Northumberland and explore enchanting sights, seasonal sounds and immersive experiences designed to arouse each of your five senses. Home to fertile farmland, vibrant cultural sites and an abundance of outdoor attractions, this picturesque region is the perfect destination for a spring road trip.



Taste sweet maple syrup

March marks the arrival of maple syrup season in Kawarthas Northumberland, and visitors can sample the sweet nectar of springtime throughout the region. Local restaurants, resorts and bakeries offer locally sourced maple items on their menus for a true tree-to-table experience. And with over 25 maple syrup producers in Kawarthas Northumberland, you are sure to have a delicious time.

See vibrant local artworks

Whether enjoying art virtually, in person, en plein air or browsing local shops, art and culture buffs will be wowed by the creativity and local talent on display. Drive along the Kawartha Lakes Art and Heritage Trail to discover artisans from across Peterborough and the Kawarthas, or take in Northumberland's many art galleries.



Smell fragrant spring flowers

As the seasons change, the fragrant scent of wildflowers wafts through the air. Roll down your windows and inhale aromatic purple blooms along the Lilac Driving Tour in Northumberland or explore flower shops and greenhouses as part of Peterborough's self-guided Garden Route. Wildflowers and breathtaking views are plentiful on one of the Kawartha Lakes Scenic Drives; the Lovely Lakeside and the Rolling Hills Route are two to try.

Touch friendly farm animals

Spring is the perfect time to get up close and personal with adorable farm animals. Kawarthas Northumberland is your agri-tourism destination. Here you'll find picturesque farms that are home to traditional animals, as well as unique ones, such as alpacas found at Haute Goat, Wanderlight Alpaca and Salem Alpacas. Animal lovers of all ages can connect one-on-one with fuzzy alpacas during a hands-on grooming session and snap a selfie during a guided stroll.



Hear the sounds of nature

Outdoor enthusiasts will find plenty of opportunities to listen in on nature's seasonal awakening in Kawarthas Northumberland. Whether you prefer a leisurely stroll or a high-intensity hike, the region's multi-use recreational trails and conservation areas provide a scenic acoustic setting for the springtime symphony of chirping birds, babbling waterways and rustling trees in the warm breeze.

DISCOVER THE GREAT TASTE OF SPRING IN KAWARTHAS NORTHUMBERLAND



Ontario 


Kawarthas
NORTHUMBERLAND

Kawartha Lakes • Northumberland County
Peterborough & the Kawarthas

KAWARTHASNORTHUMBERLAND.CA/SPRING

3 WAYS OMVIC CAN HELP CONSUMERS NAVIGATE FINANCING A CAR

Understand what your options are when it comes to financing a vehicle



CONSUMERS FREQUENTLY finance most, if not all, of a vehicle's purchase price. This can be a sensible decision. However, like all aspects of buying a car, doing your homework and being an informed consumer is important. Fortunately, the Ontario Motor Vehicle Industry Council (OMVIC) is here to help.

1

Find out what financing options are available to you

Before visiting a dealership, speak with your financial institution to ask about your credit rating and the options available to you. This makes it easier to compare the terms with financing offers available from the dealership.

It can also help potential car buyers stick to a budget and consider if they can truly afford the vehicle, factoring in extra costs like parking, repairs and maintenance.

2

Dealerships often work with third-party lenders

In many cases, a dealership arranges financing through a lender instead of loaning a consumer their own money.

Once the dealer requests interest rates from the lender, they respond and provide the rates for which the consumer is eligible. Although the dealer should offer the consumer the best rate—and not the one that gives them the biggest kickback from the bank—there are times when dealers offer financing that is not the most competitive or most beneficial to the consumer. The onus is on the consumer to research the most appropriate and competitive financing that will fit with their situation, whether it's from the dealership or their own bank.

3

Review your credit application

If you do make a request for credit at the dealership, be sure to review the application before it's submitted and ensure you receive a copy of the paperwork. Credit scores can be negatively affected by multiple inquiries, so don't complete an application until you're committed to a vehicle. Remember to always carefully read any agreement before signing.

Financing a new or used car is a major undertaking, and it can be complicated to navigate the application process and understand terms and conditions on a bill of sale and the dealer's legal obligations. OMVIC can help you better understand vehicle financing and what is in your best interest as a consumer.

More information at your fingertips

Before making any vehicle purchase, visit OMVIC at omvic.ca for more helpful—and free—resources to stay informed and understand your rights. Consumers can also contact OMVIC's Consumer Support Services at 1-800-943-6002 with more inquiries.

by DOUG WALLACE

HEATING AND COOLING

Don't wait until things break down. If you maintain them properly, furnaces and air conditioners have a lifespan of about 15 to 20 years. Schedule an annual appointment with a heating-and-cooling professional who can check that these workhorses are running efficiently and safely.

In between visits, make sure you change the furnace filter every three months. A clogged filter means that your furnace has to work harder, which increases energy usage. Plus, a clean filter means improved air quality in your home because it catches bacteria, pet dander and other contaminants that can be particularly harmful for those with allergies or asthma.

Nobody likes a surprise breakdown in the middle of any season. The air conditioner will give you a bit of notice that it needs your attention by not cooling properly, likely driving up the hydro bill. With both units, keep an eye out for leaks and an ear out for unusual noises.

Keep the HVAC system shipshape; air ducts should be cleaned every two to four years. As well, the cleanliness and maintenance of a humidifier or dehumidifier will keep them in top working order and improve air quality.



PLUMBING AND WATER HEATING

You can't afford a leaky hot water tap, so deal with plumbing problems as they arise, not months down the road. Worn-out washing machine hoses, sticky or leaky shut-off valves and temperamental toilets all need your immediate attention to prevent flooded bathrooms and basements. Fixing leaky pipes also means reducing overall water consumption, which is a valuable natural resource. The World Health Organization estimates that by 2025, half of the world's population will be living in areas with limited access to clean water.

A water heater should last 10 years. If yours is a rental, simply call the supplier for free repairs or an inspection whenever there is a problem. Faulty thermostats and elements are likely culprits. Leaks, rusty water and weird noises are also telltale signs. When replacing the tank, make sure you read the fine print, because rental agencies are notorious for locking you into a lengthy contract you might regret down the road. If you plan to be in your home for 15 to 20 years, purchasing a heater is often recommended.

ROOFING AND WINDOWS

Fixing the roof when it needs it should be your number-one priority. Don't ignore signs of leaking. An asphalt shingle should last 15 to 30 years, but watch for evidence of shingles that are cracking, curling up or flying off altogether. Moss is also a harbinger of bad news, as is a sagging roof structure. Due to their long lifespan, asphalt shingles are considered sustainable because they don't require frequent replacement. Metal and solar roofs are two other environmentally friendly options, the latter of which can convert light into electricity.

With doors, changes in seasonal temperatures and humidity can cause them to swell or shrink, which can lead to slamming and sticking. Examine the door hinges and tighten the screws. If the hinge is worn out, replace it. To help with slamming, add weather stripping or self-adhesive pads to the top and bottom edges.

Windows should last 20 to 25 years. If you notice a draft, see condensation between the panes or have difficulty opening, closing or locking them, it's time for new windows. Installing energy-efficient windows means that your heating and air conditioning units don't need to work as hard, reducing the amount of greenhouse gas emissions released into the atmosphere. And prompt replacement allows you to keep up with energy-saving efficiencies, as well as any rebates that might come with that territory.



MAJOR APPLIANCES

When large household appliances stop doing their job—or start giving you signals that breakdown is imminent—call for repairs so that the problem doesn't get worse. Fridges can lose their Freon, dishwasher motors can seize and dryers can even catch fire. Consider the issue of safety here, too, particularly if you can smell burning rubber or plastic. A fridge and range should each last 12 years and a dishwasher about 10 years. The washer and dryer will last at least 10 years. Beyond these points, be prepared to start researching a new one.

If you need to replace an appliance, consider purchasing an Energy Star-rated item. The higher the score, the more efficient the item is, which is not only beneficial to the environment, but to your wallet, too. **CAA**



REVIEW YOUR POLICY

Speak with a licensed CAA Insurance Agent to review your home insurance policy to ensure you're fully protected. Visit caaniagara.ca/insurance for details.



GREEN travel

Sustainable travel is increasingly important to today's travel lovers—and yes, it is possible. Here are six inspiring destinations that offer eco-friendly options.

by LISA GORDON

WHETHER IT'S WHALE WATCHING in New Zealand or visiting an orangutan preserve in Malaysia, exploring the world and having a great big adventure can go hand-in-hand with protecting the places we visit.

Ecotourism, also called responsible tourism, involves low-impact behaviours that benefit the local environment as well as the economy. The goal is for travellers to leave the natural areas they visit better than they found them. There's also usually an educational component where travellers learn about conservation efforts or observe local wildlife.

How do you get started? When it comes to choosing a reputable ecotourism operator, look for three characteristics: sustainable business practices, a commitment to community development and environmental protection. Then it's about choosing a destination that appeals to you, keeping in mind that how you get there also impacts the environment.

We've rounded up six ecotourism destinations from around the world, starting with two right here in Canada.



1

Churchill

MANITOBA

Situated on Manitoba's Hudson Bay coastline, the town of Churchill—population 900—is known as the polar bear capital of the world. Every October and November, polar bears begin moving toward the shoreline, waiting for the water to freeze so they can venture onto the ice to hunt seals. Their migration attracts about 1,000 visitors each year.

Churchill is uniquely situated at the intersection of three biomes, or ecozones: marine, boreal forest and tundra. In addition

to polar bears, visitors can observe beluga whales, arctic foxes and a wide variety of birds, hares and wolves.

There are a number of ecologically minded tour operators in the Churchill area. Journeys by CAA Niagara offers a four-day polar bear excursion that includes a guided expedition into the tundra. When selecting a provider, be mindful of the principles of ethical wildlife viewing: be as quiet and unobtrusive as possible to avoid agitating or disrupting the animals.



2

KLEMTU

BRITISH COLUMBIA

Deep in the heart of the Kitasoo Xai'xais traditional territory of Canada's West Coast lies Spirit Bear Lodge, an Indigenous-owned ecotourism experience that introduces visitors to priceless wildlife viewing opportunities and cultural exploration. Travel from Vancouver by air and then by boat to the community of Klemtu, situated within the Great Bear Rainforest. Depending on when you visit, you could glimpse grizzly bears, black bears, whales, marine mammals and the annual salmon run. Roughly half of Spirit Bear Lodge guests are lucky enough to lay eyes on the lodge's namesake, the rare spirit bears, which are actually black bears with a whitish coat that is the result of an unusual genetic trait.

Along with wildlife, a visit to Spirit Bear Lodge includes the opportunity to learn about sustainability through the eyes of the Kitasoo Xai'xais peoples, two distinct tribal organizations who have inhabited the region for thousands of years. The land is managed according to the principles of stewardship and sustainability to ensure that future generations will benefit from its abundant natural resources.

Spirit Bear Lodge is one of the country's best examples of conservation-based ecotourism, employing nearly 10 percent of the local population and strengthening the community's cultural and economic fabric since it was built in 2007. ▷



3

Okavango Delta

BOTSWANA

The Okavango Delta in northwest Botswana, a UNESCO World Heritage site, is known as “the place of plenty.” Situated in the heart of the Kalahari Desert, the delta is incomparable, with its lagoons, channels and islands—all teeming with wildlife.

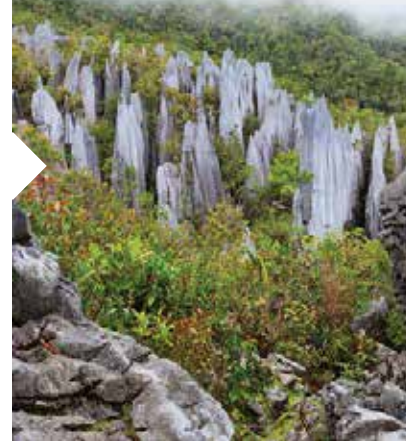
In addition to the “big five” (lions, leopards, elephants, African buffalo and rhinoceros), the delta’s two million hectares of floodplains are home to hippos, topi, blue wildebeest, giraffes, Nile crocodiles, cheetahs, antelopes and more.

The Okavango Delta offers several ecotourism resorts, each of them offering sustainable yet extremely comfortable safari experiences.

4

GUNUNG MULU NATIONAL PARK

MALAYSIA



Another UNESCO World Heritage site, Malaysia’s Gunung Mulu National Park on the island of Borneo is revered for its incredible biodiversity, as well as its unique karst topography, featuring countless sinkholes and caves.

Accessible only by air, the park incorporates 17 vegetation zones and is particularly recognized for its soaring limestone pinnacles. The park’s namesake, Gunung Mulu, which means Mount Mulu, is the highest of the park’s three peaks and composed primarily of sandstone. The pinnacles can be seen by trekking up to the slopes of Mount Api, which is the second-highest peak. The park’s Sarawak Chamber is the largest known cave chamber in the world. At dusk, millions of bats leave the caves to begin their nocturnal hunt.

5

Osa Peninsula

COSTA RICA

At just 56 by 32 kilometres, Costa Rica’s Osa Peninsula is small but incredibly significant. *National Geographic* named it “the most biologically intense place on Earth” because this rainforest is home to 2.5 percent of the world’s biodiversity in just 0.001 percent of its surface area.

Visitors to the region can see more than 400 species of birds and countless exotic mammals, insects, amphibians, whales and dolphins.

It’s also home to Costa Rica’s largest remaining population of jaguars and tapirs. Along with jungle excursions, travellers can visit pristine beaches and explore Corcovado National Park, where they might glimpse the harpy eagle or one of Costa Rica’s big cat species.

Ecotourism was practised in Costa Rica long before it became trendy. Several resorts in the Osa Peninsula offer unique vacation experiences in sustainable settings.





6

THE GALÁPAGOS ISLANDS

ECUADOR

Located 1,000 kilometres off the Ecuador coast in the Pacific Ocean, the Galápagos is an archipelago of about 19 islands and many small islets and rocks. Both the land and the surrounding sea are protected as UNESCO World Heritage sites as well as legislation by the government of Ecuador.

The islands are known as the home of giant tortoises, as well as sea lions, penguins, marine iguanas and albatrosses, among many other unique species of land and marine life.

The islands are formed of lava piles and dotted with active volcanoes. Each varies in appearance, with the overall landscape characterized by high mountains, craters and cliffs. Mount Azul—or Cerro Azul—is a volcano and the second-highest peak at 1,689 metres.

All tour companies that operate on the islands are mandated to adhere to environmentally friendly principles, such as water and energy conservation, recycling and treating of waste material, sourcing local products and hiring and training local employees. **CAA**



START PLANNING

When you're ready to travel again, learn more about these ecotourism destinations by speaking with a CAA Travel Consultant for expert advice and help choosing the best travel insurance to protect your trip. Visit caaniagara.ca/travel or call 1-800-263-7272 for more information.

TIPS FOR TOURING RESPONSIBLY

Here are seven tips to keep in mind when planning a greener vacation



Do your homework. Look for tour operators or destinations with sustainable business models.



Choose to deal with companies that give back to the local community in tangible ways, such as providing living wages to locals or building infrastructure.



Spend your money with smaller operators. Profits from community tour operators are more likely to be invested back into their communities directly.



Familiarize yourself with local customs and rules of conduct.



Buy what you need from local providers and avoid plastic water bottles, straws and other single-use plastics.



Use binoculars and telephoto lenses to keep your distance from wildlife.



Slower travel is generally greener travel. Walk, cycle or take public transit whenever possible.



BRING ON SPRING.

With gardening and DIY season just around the corner, your everyday vehicle can end up doubling as your weekend work truck, and WeatherTech is here to help. The WeatherTech Cargo Liner is laser measured to perfectly contour your vehicle's trunk or cargo area, providing custom-fit protection from dirt, spills and anything else the spring season brings. The optional Bumper Protector even prevents accidental damage while loading large or heavy objects. And with a lifetime warranty, it's guaranteed to handle every project for as long as you own your vehicle.

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PEDAL POWER



**From where to buy a bike to
what safety gear you need,
this primer will help get you started
on a lifetime of riding ►**

by ANDREW RAVEN *illustrations by* KATIE CAREY

Since the start of the pandemic, cycling has become the country's new national pastime. Riding on two wheels served as a means of transportation, exercise and as a fun way to safely enjoy the outdoors. In fact, so many Canadians bought bikes during the pandemic that there was a national shortage—dubbed “The Great Covid-19 Bicycle Boom” by news outlets.

Even if you missed out on the first wave of cycle mania, you haven't

missed your chance completely. It's almost never too late to take up biking, says Paul Rogers, co-owner of Long Alley Bicycles in Halifax.

“You stay fit and healthy,” says Rogers. “Eventually you'll be in much better shape, feel better and have fun.”

We've put together a guide for aspiring cyclists. Follow these tips, and you'll be two-wheeling in no time.

CHOOSE YOUR RIDE

What to keep in mind when shopping for a bike

Visiting your local bike shop can be an overwhelming experience. There will be inexpensive, refurbished options that cost \$200 to more expensive ones that can cost several thousand dollars. There will be bikes with wide tires and skinny tires, bikes made from steel and those made from carbon fibre.

So how does a novice rider choose which is right for them?

Pete Lilly, owner of Sweet Pete's Bike Shop in Toronto, says the first step is to determine what category of bike you want. For that, there are three main options.



ROAD BIKE

Light and fast, they're great for long-distance rides, hilly terrain and living out Tour de France fantasies on Canada's back roads. But their skinny tires can get swallowed by potholes and streetcar tracks, making them more challenging to ride in urban settings.

MOUNTAIN BIKE

Chunky frames and thick, grippy tires make these bikes ideal for off-roading. But they're relatively heavy and their tires create more friction, meaning you'll have to pedal harder on pavement.



“The most popular bikes we sell are hybrids,” Lilly says.



HYBRID BIKE

As the name suggests, these are a cross between a road bike and a mountain bike. Great for city cycling, they have wider tires than a road bike and a more relaxed, upright seating position. They're also usually lighter than mountain bikes. All of that makes them Lilly's choice for most new urban riders.



TAKING THE PLUNGE

When you're ready to buy, consider a bike shop

ONCE YOU'VE SETTLED on a style, you'll need to decide where to buy your bike. Here you have two main choices: a department or sporting goods store or your local bike shop. While the prices at department stores are hard to beat—the sticker price on some adult hybrids can be as low as \$300—the quality can be spotty and replacing components tricky. For occasional riders, that might not be a problem. But if you're planning to ride regularly and you can spend a little more, the better call is a bike shop.

Ron Brand, manager of Toronto's Cyclepath Norco, says many will carry good-quality hybrid bikes for around \$700. That will get you a lightweight aluminum frame, replaceable components and 24 speeds, which makes pedalling easier.

Shop employees can also help you choose the right frame size and adjust things like the seat height and pedalling position, which Brand says can make riding infinitely more comfortable.

"Millimetres make a difference," he says.

CYCLING FOR BEGINNERS



NEW TO YOU

**Looking to save money?
Consider a used bike**

If you're new to cycling, don't feel obliged to spend a small fortune on your bike. Websites like Kijiji and Facebook Marketplace are brimming with quality used bikes, many of which can be purchased for under \$300. Some sellers, though, may be less than honest about the condition of the item. If you do opt for a used one, here are five things to look for.

1

SCRUTINIZE THE FRAME

Scratches are okay, but avoid bikes with dents, severe rust and cracked tires. They may be structurally unsound.

2

INSPECT THE CHAIN AND CASSETTE

The latter is the round, spiky cluster of sprockets on the rear wheel, which should spin smoothly. If they're caked with rust, chances are the bike hasn't been well cared for.

3

CHECK THE BRAKES

The pads should be in good shape and grip the wheel tightly when you squeeze the brake levers.

4

GO FOR A TEST RIDE

Make sure there are no strange noises or vibrations and that the gears shift smoothly.

5

HAVE IT INSPECTED AT YOUR LOCAL BIKE SHOP

If the seller is amenable, take it to a nearby shop for a quick pre-purchase inspection. Most shop owners will be happy to give it a once over and tell you whether it's a good buy. ▷

BIKE SAFETY BASICS

Essential gear to help ensure every ride is a safe one

ONCE YOU HAVE YOUR BIKE, you'll be excited to hit the streets. But before you do, you'll need some essential gear—it's required by law.

In order to be seen, your front and rear lights must be turned on if you're riding between half an hour before sunrise and half an hour before sunset, as well as if visibility is low or there are poor weather conditions. You'll also need to have reflector tape on the front forks of your bike and red reflector tape on the rear forks. Though not mandatory, wearing reflective clothing when you're riding at night can also increase visibility.

While adults in Ontario aren't legally required to wear a helmet, they should, says Subha Ramanathan, manager of programs and partnerships for Share the Road Cycling Coalition, an advocacy group. "If you do fall off your bike, a helmet is the best way to ensure that you don't end up being concussed—or worse."



CONSTANT COMMUNICATION

Know your hand signals

As a cyclist, you need to let drivers and other riders know when you're turning or stopping. That will give them time to react and to give you some space.

To make your intentions known, use these four hand signals.

LEFT TURN

Point your arm directly to the left.



RIGHT TURN

Point your right arm directly to the right or bend your left arm 90 degrees and point your fingers skyward.

STOPPING

Bend your left arm 90 degrees and point your fingers downward.



SIX SAFETY TIPS FOR NEW CYCLISTS

1

Avoid busy streets at first and opt instead for residential or side roads or bike paths. Or try roads with dedicated cycling infrastructure, like protected bike lanes.

2

Maintain a safe distance between you and other vehicles. When passing parked cars, be alert and keep a one-metre distance if possible.

3

Follow the rules of the road and come to a complete stop at all red lights and stop signs.

4

Be predictable: ride in a straight line and use hand signals when turning and stopping.

5

Buy the best lock you can afford. Bike theft is unfortunately fairly common, and while any lock can eventually be beaten, a high-quality one can deter would-be thieves.

6

Seek out cycling clubs or advocacy organizations in your area. They'll give you tips on how to stay safe and may even organize group rides, which can help build your confidence.



TWO-WHEEL ASSISTANCE

Visit caa.ca/bike for more resources, including riding tips for sharing the road with cars. If you find yourself stranded with your bike or have a broken chain or a flat tire, give CAA Niagara a call. CAA Bike Assist™ is roadside assistance for your bike and is available to all Members as part of your benefits.



MAINTENANCE 101

These simple repairs will help keep your bike in tip-top condition

YOU DON'T NEED TO BE A MASTER

mechanic to own a bike, but perfecting a few simple repairs will make riding a lot more enjoyable.

"The confidence that you'll gain is so helpful," says Pete Lilly of Sweet Pete's. "If you have a few basic tools and a little bit of knowledge, you can ride anywhere and be safe."

At the top of Lilly's list of DIY fixes: mending a flat tire, repairing a broken

chain, replacing worn brake pads and changing out a brake or gear cable. They're all relatively simple and require just a few inexpensive tools.

Bike shops, including Sweet Pete's, and cycling collectives, which are common in bigger cities, often offer classes in bike repair. An alternative: YouTube. The site is chock full of how-to videos for amateur mechanics. **CAA**



Travel Insurance



SMART TRAVELLERS

Pack Out-of-Province Travel Insurance

Whether you're planning an RV trip to the Rocky Mountains or a road trip through Quebec, CAA Travel Insurance¹ should always be at the top of your packing list. As Ontarians, the Ontario Health Insurance Plan (OHIP) covers hospitalization, doctor expenses, and emergency surgery across Canada, however that coverage doesn't extend to ambulance transportation, emergency dental treatment, and other services outside of Ontario.

Travel Protected with the Canada Insurance Plan

CAA Insurance's Canada Travel Plan allows you to experience the country while being protected against unforeseen emergencies. Created with Canadian travel in mind, the Canada Plan provides coverage for pet care, ambulance services, prescription assistance, hearing aid/eye care replacement, return of vehicle, emergency dental care and more. If you're vacationing outside of Ontario, protect yourself and your family with CAA Travel Insurance.

To learn more and get a no obligation quote, visit caaniagara.ca/travelinsurance, call 1-800-263-7272 or visit a CAA Niagara Branch.

¹ CAA Travel Insurance is underwritten by Orion Travel Insurance Company. Certain exclusions, limitations and restrictions apply. Subject to change without notice. A Medical Questionnaire is required for travellers age 60 and over to purchase travel insurance. Quotes are valid for 30 days. Terms and conditions apply. See caaniagara.ca/travelinsurance for details.

insider

News / Initiatives / Member Exclusives

GREEN THUMB

Boost your home's curb appeal by planting flowers, shrubs and trees. Shop CAA Niagara's Rewards partners for gardening tools, soil and all the supplies you need. For more Member-exclusive offers, see page 40.

in this issue

38 SENIOR DRIVING SEMINARS

38 VOTE FOR NIAGARA'S WORST ROADS

40 SPRING REFRESH OFFERS

Connect With Us

Exciting events and news from CAA Niagara



VOTE FOR THE WORST ROADS IN NIAGARA

What is your least favourite road to drive on
in the Niagara Region? You tell us!

BETWEEN MARCH 22 and April 19, CAA Niagara is inviting residents to identify road infrastructure issues and unsafe road conditions in their communities with our 18th annual Worst Roads campaign.

Motorists, cyclists and pedestrians are encouraged to vote based on a number

of roadway issues, including potholes and crumbling pavement, lack of crosswalks or bicycle lanes, poor road signage, timing of traffic lights and traffic congestion.

Vote online at caaworstroads.com and you'll be entered to win a grand prize of **\$3,000 worth of gasoline.**

REFRESH YOUR DRIVING SKILLS

Over 80? Here's what you need to know about Ontario's licensing requirements

Attend one of our free Senior Driving Seminars to get the tools and tips you need to stay safe behind the wheel.

These seminars include presentations from AAPEX Driving Academy and the Ministry of Transportation of Ontario, and will also provide information on the testing and licensing of drivers who are 80 and over.

Participants will have the opportunity to ask questions about licensing requirements and alternative modes of transportation for those considering driving less or hanging up their keys for good.

Visit caaniagara.ca/events to register. ■



EXPERIENCE NEW ORLEANS

May 1 to 5, 2022

Tuxedo Classic

Journey through the Old South, with its vast plantations, antebellum mansions and measured pace of life. Explore the Garden District, the Riverwalk Marketplace and the French Quarter of New Orleans. Enjoy Creole cooking, visit the Oak Alley Plantation and enjoy a steamboat dinner cruise along the Mississippi.



DISCOVER VANCOUVER ISLAND

May 5 to 15, 2022

Adventure

Combining rich history, stunning natural beauty, and a wide breadth of culture, Victoria is considered one of the most beautiful cities in the world. Experience the incredibly diverse marine mammals on our Whale Watching Cruise, visit Cathedral Grove, and experience Ucluelet – a true force of nature.



ATLANTIC CANADA: ROYAL NOVA SCOTIA INTERNATIONAL TATTOO

June 18 to 27, 2022

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. This year for a special experience, enjoy the Royal Nova Scotia International Tattoo in Halifax.



QUEBEC EASTERN TOWNSHIPS SUMMER EXPERIENCE

July 17 to 20, 2022

Relaxation

Discover the Eastern Townships through their unique heritage, exceptional landscapes and local hospitality. These communities are deeply connected and proud of their American, Loyalist, Scottish and Irish heritage. Taste locally made cheeses, honey and cider, relax at the Lavender Farm and be enticed by the scenery.



ROCKY MOUNTAINEER RAIL TOUR

July 30 to August 7, 2022

Tuxedo Classic

Experience all the must-see sights in the Canadian Rockies on this epic journey! A trip that blends breathtaking adventure with plenty of time to relax and take in the Canadian Rockies. Enjoy GoldLeaf Service in a luxury domed railcar. Travel on the Icefields Parkway, one of the world's most scenic drives!



Tuxedo Classic

EXPERIENCE NEWFOUNDLAND & LABRADOR

August 22 to September 2, 2022

From colourful St. John's, through picturesque villages, to the rugged tip of the Western Arm, discover a land that is truly a world unto itself. Come to The Rock this summer and experience the inspiration behind the folk song. Meet the people and listen to the stories of their beloved island. See it, feel it, taste it, live it! Immerse yourself in Newfoundland and Labrador!

DAY TOURS

Shen Yun

April 2

Riverdance's 25th Anniversary

April 12

St. Jacobs Market & Village

April 30 & June 11

Cirque du Soleil: Kurios

June 5 & July 10

Harry Potter & the Cursed Child

July 6 & July 24

For a complete listing of tours, visit us online.

Prep Your Home, Car and Yard for Spring

Spring is right around the corner, which means it's the perfect opportunity to freshen up your spaces. Clean, organize and spruce up your home, vehicle and backyard on a budget with exclusive savings from CAA Rewards® partners.



SPARKLING SPACES

Kick off your springtime home refresh by ordering all the cleaning supplies you need to make your home spotless. With **INABUGGY**, you can skip the line and shop online at all your favourite stores. CAA Members **save \$10** with each online order.

BRING SPRING INDOORS

Nothing says "Hello, spring!" like a beautiful floral arrangement to brighten up your living room or kitchen. Members **save 20%** and **earn 5%** in CAA Dollars® on flowers and gifts at **Teleflora**. ▶



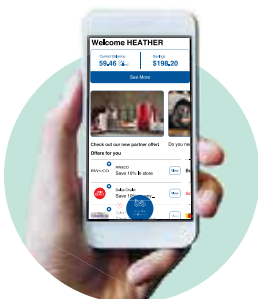


REFRESH YOUR LIVING SPACE

If it's time to update your living room, a fresh coat of paint from **Dulux** can do the trick. Members **save 25%** on regular priced Dulux paints and also **earn 3%** in CAA Dollars.

And if painting a whole room feels daunting, make it feel like a brand new space by adding or changing small design elements. Grab some new artwork or curtains for a simple and quick transformation.

Change out accent pillows and bedding to add colour or update to a more on-trend style. Introduce new lamps and lighting to help brighten up a space. CAA Members **save 5%** online and in-store at **Bouclair** and **earn 4%** back in CAA Dollars when shopping online with **Simons** and **Hudson's Bay**.



FIND REWARDS PARTNERS USING THE CAA MOBILE APP

Thanks to the CAA Mobile App™, it's never been easier to track down the latest deals available to Members. With the ability to locate nearby CAA Rewards partners in the palm of your hand, you'll never miss out on a Member-exclusive offer. Not only can you highlight your favourite partners right on your account, you can also save your Membership card directly to your phone. The CAA Mobile App is available on the App Store or Google Play. Learn more at caaniagara.ca/app.

Offers subject to change. Terms and conditions may apply.

TLC FOR YOUR VEHICLE

Your house isn't the only thing that needs a little spring cleaning after a tough winter. CAA Members **save 10%** on all detailing services with **Complete Auto Glass Solutions**.

BACKYARD MAKEOVER

Brighten up your backyard with some greenery. Whether you need potting soil or a set of garden tools, **Walmart** has it.

Plus, Members **earn 2%** back in CAA Dollars with their online purchases.

As the weather starts to get warmer, add the final touches to your backyard oasis with the latest in-home entertainment and wireless tech from **The Source**. Members **save up to 20%** online and in-store.

Visit caaniagara.ca/rewards or download the CAA Mobile App™ for more information and a complete list of participating locations.



EUROPEAN GETAWAYS

Experience a few of the greatest spots across the pond on these can't-miss tours.



CAA MEMBER APPRECIATION RHINE RIVER CRUISE

August 10 to 20, 2022

Contoured by vineyard-clad hills and castles from yesteryear, the legendary Rhine captivates. Enjoy a tour that takes you down a beautiful and scenic route through the Netherlands, Germany, France and Switzerland.



COUNTRY ROADS OF SCOTLAND

September 18 to 27, 2022

Travel through 8,000 years of Scottish history, from medieval Edinburgh to the majestic Orkney Islands and the Isle of Skye. Take in views of stunning landscapes with its misty valleys and glens, lochs and rushing waters.



ITALY BELLISSIMO

September 30 to October 11, 2022

The beauty and grace of Italy is a kaleidoscope of colours, fragrances and tastes. This trip ventures through the thriving city of Rome, the magnificent and romantic Venice and to the sun-soaked island of Capri.

To learn more about upcoming Journeys tours please call
905-322-2712 or visit caaniagara.ca/journeys

JOURNEYS
BY CAA NIAGARA

Unlock the full power of your CAA Membership.

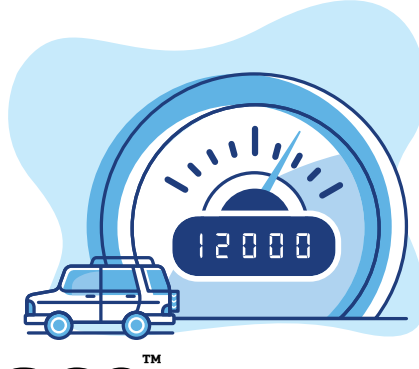
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The CAA Mobile App available on:



Go Further With CAA MyPace



If you're driving less these days, is your auto insurance keeping up? Save money by paying only for the distance you drive with CAA MyPace.

AS MORE PEOPLE continue to work from home, many of us are driving less. A survey conducted in August 2021 by CAA Insurance validated that many Ontarians are looking for lower insurance premiums that reflect their reduced driving habits. The survey also revealed that people would consider a pay-as-you-go option. So, if you're now a low-mileage driver who is looking to save on your auto insurance, the new, higher mileage allowance for CAA MyPace—Canada's only pay-as-you-go auto insurance payment program—may be what you've been waiting for.

What is the new mileage allowance?

The CAA MyPace annual mileage allowance has increased from 9,000 km to 12,000 km. CAA Insurance is now able to provide greater savings by expanding the program for those who drive less than 12,000 km annually. New and existing CAA MyPace policyholders will be automatically enrolled in the new higher-mileage program.

How does it work?

Simply enroll, install the CAA MyPace device in your car and drive. You'll start by paying a base rate plus your first 1,000 km. Kilometres are automatically reloaded in 1,000 km increments, so you only pay for what you drive.

Are the savings worth switching?

On average, the pay-as-you-go policyholder saves 50 percent on auto insurance by only paying for the distance they drive. If you find yourself driving over 12,000 km annually, you can always change to traditional CAA Auto Insurance¹. There are no fees or penalties for switching.

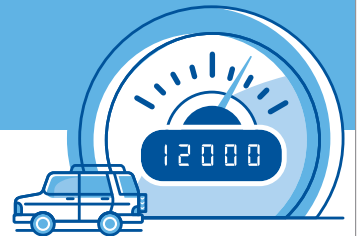
Can I combine my savings?

CAA Members save up to 20 percent² on CAA Auto Insurance. To save even more, bundle your CAA MyPace policy with CAA Home Insurance³ for combined savings of up to 22.5 percent.

So, consider your current driving habits. Could you benefit from Canada's only pay-as-you-go auto insurance payment program? Talk to a licensed CAA Insurance Agent to see if CAA MyPace makes sense for you. ■

More Mileage for Low-mileage Drivers

Drive up to 12,000 km/year and save with CAA MyPace™.



CAA MyPace, Canada's only pay-as-you-go auto insurance payment program, is ideal if you:

- Drive less than 12,000 km annually - **New higher mileage!**
- Drive mostly on weekends
- Work mostly from home or take transit to work
- Often use your bike instead of your car

A licensed CAA Insurance Agent can tell you if CAA MyPace is right for you. Call **1-877-379-9222** or visit caaniagara.ca/CAAMyPaceSavings

Auto Insurance is underwritten by CAA Insurance Company. Vehicle compatibility and enrollment in CAA MyPace payment program is subject to terms and conditions. ®/™ CAA trademarks are owned by, and use is authorized by, the Canadian Automobile Association. Certain conditions, exclusions and underwriting eligibility rules apply. (206458-12/21)



Call 1-877-379-9222 or visit caaniagara.ca/CAAMyPaceSavings to get started.

¹Auto and Home Insurance are underwritten by CAA Insurance Company. Vehicle compatibility and enrollment in the CAA MyPace payment program is subject to terms and conditions.

²To 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 percent.

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LEFT OUT IN THE COLD

During a particularly cold winter in Ottawa, one Member learned just how much location matters—and not just in real estate

by MARY WIMMER illustration by STEVE SCOTT

When Nathalie Houle recalls the winter of 2008, she's instantly taken back to a time of freezing temperatures, cold walks and early morning carpooling.

That winter not only saw bitterly cold temperatures, but also an epic bus strike that grounded Ottawa's public transportation riders for a record-breaking 51 days.

"I organized a group of friends who lived nearby to drive to work together in my car," Houle recalls. "We left around 5:30 each morning to beat traffic and find a parking spot, which was difficult to do during a transit strike."

One frigid morning, she used auto start to warm up her car interior, threw her things inside the vehicle and got to work shovelling while waiting for her friends and co-workers to arrive.

But as the car door slammed shut, she

felt a chill of realization: she'd put her purse—which contained her house and car keys—on the passenger seat. "I totally forgot! And unfortunately, my car at the time was old school, which meant the doors locked automatically."

One of her carpool friends lived nearby, so she walked over to call CAA.

"It was incredibly busy on this bitterly cold day, and I was told that I would have to wait several hours," she recalls.

Due to the sub-zero temperatures, the CAA Roadside Assistance team had to prioritize its calls, starting with requests from Members who were in dangerous situations.

So, Houle steeled herself for a long wait and went back to her car, grateful that the auto start automatically shut off after 15 minutes.

Just then, a CAA Roadside Assistance

driver showed up. She was shocked and pleasantly surprised to see how quickly help had arrived, given the conditions and the many calls CAA must have received that morning.

As it turned out, Houle lived near a CAA tow truck yard. And as she required only a simple fix—unlocking her car doors—a driver stopped by on his way to his first call of the day. She was back in her car and driving to work in less than 10 minutes.

The service she received that day is the reason why Houle has been a CAA Member for well over a decade.

"My CAA Membership helps me save money on a regular basis," she says. "And in this case, it saved my sanity." ■

Have a great CAA story to tell? Send it to us at caamagazine@caasco.ca and you could be featured in an upcoming issue.



COLOUR OF THE YEAR - OLIVE SPRIG

A versatile paint colour that lives well inside or outside,
Olive Sprig blends in with nearly any environment.

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With a CAA Membership, get 25% off any *Dulux* manufactured product, plus earn 3% in CAA Dollars® when you swipe your CAA card at your *Dulux* Paints store. Visit [Dulux.ca/CAA](https://dulux.ca/CAA) for more details.

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IN **5** DAYS*



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Thanks to its patented technologies⁽¹⁾, **Genacol® Pain Relief** helps to reduce joint pain in 5 days*. That's right, 5 days!

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*According to IQVIA Consumer Health Insights (Canada) sales report ending November 6, 2021 (last 52 weeks - National incl. NFLD GB+DR+MM)

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TO THE CONSUMER: Limit of one original coupon per product. Please be advised that the retailer is in its right to refuse this coupon. Find out before you go to the checkout. In the case of a retailer's refusal, contact Genacol at 1.888.240.3002 or by email at info@genacol.ca for a refund. Limit one coupon per product. It is forbidden to sell and/or to make several copies of the coupon. Rebate applicable only in-store. No coupons received by mail at Redemco will be reimbursed directly to consumers. **THIS COUPON IS VALID UNTIL MAY 31, 2022.**

TO THE RETAILER: Corporation Genacol Canada Inc. will reimburse this coupon for the face value plus the established handling fee. 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. VALID IN CANADA. For redemption, this coupon must be received by mail before AUGUST 31, 2022 to: REDEMCO INC., C.P. 128, Longueuil, Quebec, J4K 4X8.



3500483

To make sure this product is right for you, always read and follow the label. ⁽¹⁾Results may vary. ⁽¹⁾Learn more about our clinical studies and the patented technologies on genacol.ca