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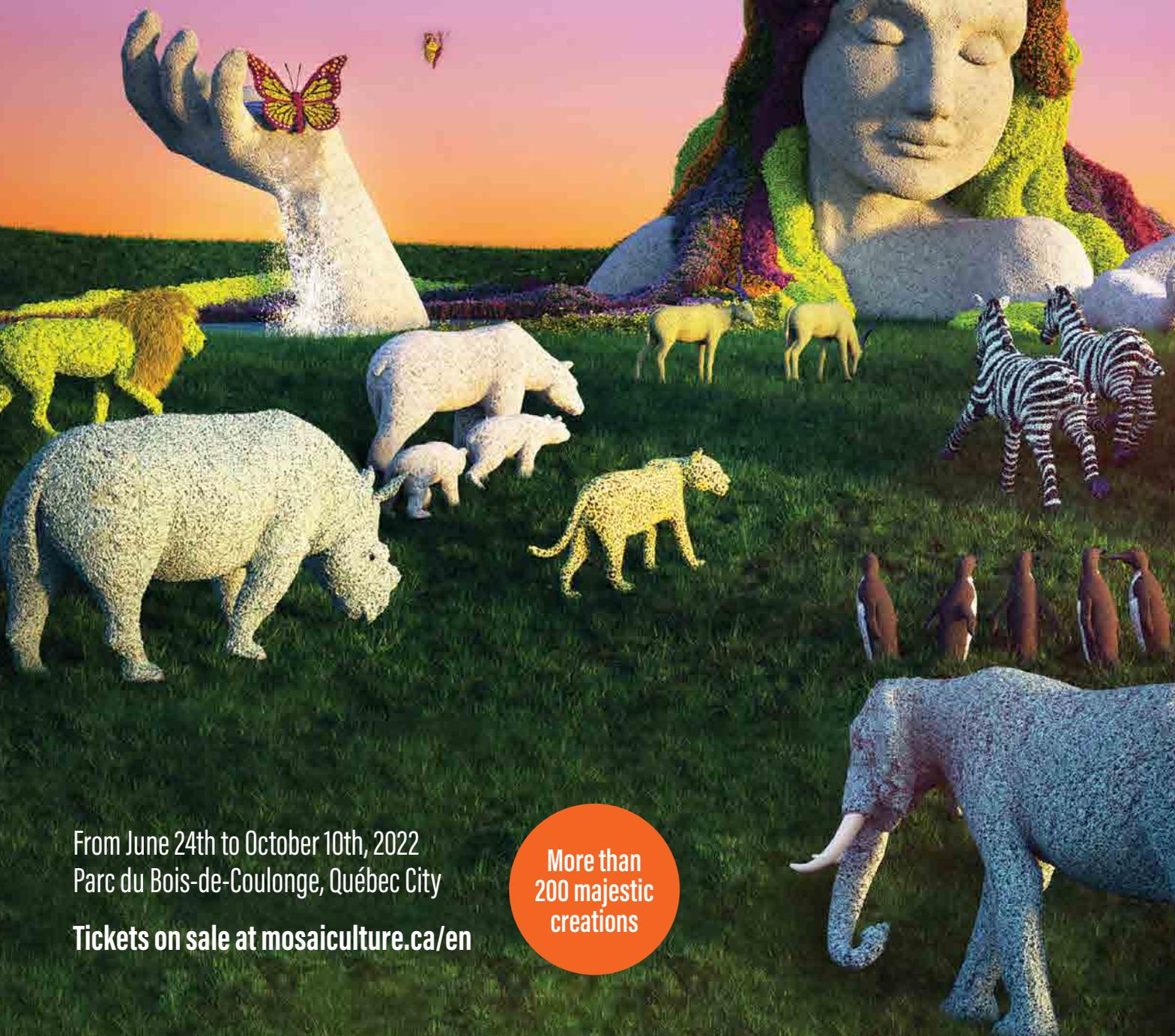


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*Before you shift your car into gear in a foreign country, here are a few things to keep in mind.
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a message to our members

If you're ready to travel again, be sure to check any Covid-related regional and local policies.

SLOW DOWN AND MOVE OVER

FOR MORE THAN 100 YEARS, road safety has been our top priority at CAA Niagara. Our club advocates on behalf of more than 140,000 Members on many important road safety issues and continues to provide the public with best practices for safe and responsible driving.

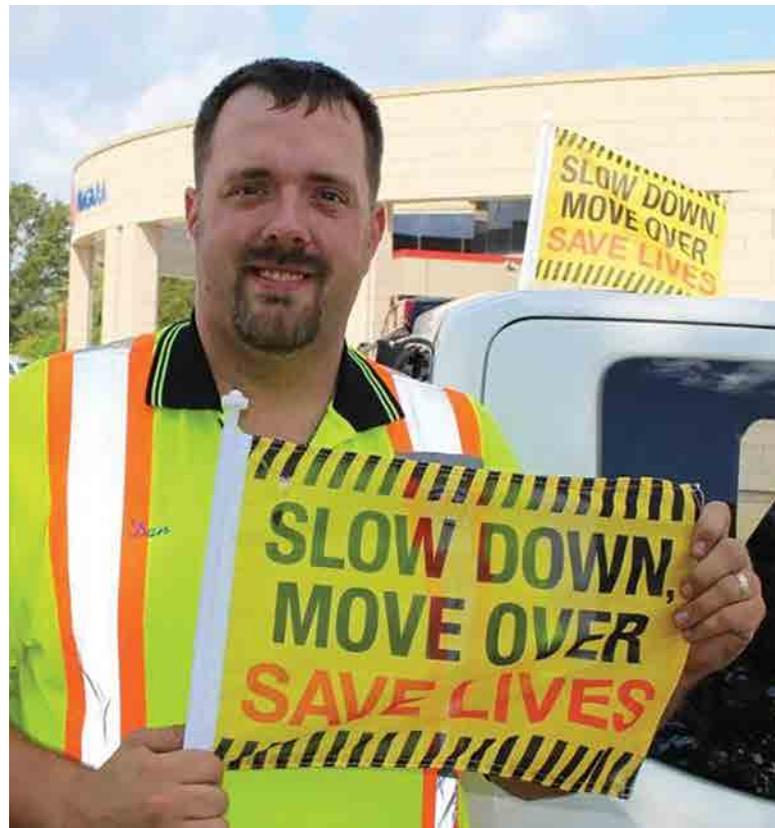
With 48 vehicles and a team of more than 65 drivers helping stranded Members year-round, we also take the safety of our employees very seriously.

Across North America, approximately 100 tow truck operators are killed each year while tending to stranded vehicles on the side of the road. This statistic is frightening. What's worse is that this does not account for the total number of first responders, including EMS workers, police officers and firefighters, that are killed or injured by oncoming traffic. It also doesn't account for the number of close-call incidents that occur.

That's why CAA advocates for the Move Over Law, a section of the Highway Traffic Act that requires drivers to slow down and proceed with caution when passing an emergency vehicle parked on the side of a highway with its lights activated. If there is more than one lane, the law requires the driver to move over to leave one lane between their vehicle and a parked emergency vehicle whenever safely possible.

The law was enacted in 2003 and updated in 2015, as CAA championed that tow truck operators be included in the legislation. Now, motorists who fail to slow down or move over for our drivers can face charges of up to \$4,000, three demerit points and a possible licence suspension or jail time. This law is meant to protect all first responders and allow them to return home safely. But as many motorists continue to ignore the law, the likelihood of injuries or, in some cases, fatalities is increased.

Our association will remain a strong advocate on this issue as it continues to impact our front-line team and other emergency personnel. In this effort, CAA has designated the



second Tuesday in May as National Slow Down Move Over Day, taking place on May 10, 2022. On this day, and throughout May, we will work to educate the public on the risks and consequences of failing to obey the Move Over Law, as well as the importance of protecting our roadside heroes.

But it's important that this issue remains top of mind for motorists year round. Our fleet of drivers are on the road every day, putting themselves in harm's way to keep Members safe.

We implore you to do your part: slow down and move over. Learn more about the Slow Down Move Over campaign at caaniagara.ca/slowdown or follow CAA Niagara on social media.



Peter Van Hezewyk
President and CEO,
CAA Niagara

PHOTOGRAPHY [VAN HEZEWYK] DENIS CAHILL

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CAA MAGAZINE

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THE ARTICLE ABOUT TULIP FESTIVALS

in the latest *CAA Magazine* was an interesting read, but I can't believe you didn't mention the Tulip Time Festival in Holland, Michigan, that takes place every year at the beginning of May (May 7 to 15, 2022).

We were there a few years ago, and the tulip displays were outstanding all over town. As a bonus, we saw three Dutch parades that included Dutch attire worn by the participants. We also saw a demo of wooden shoe carving.

—Carl Lenarcic

THERE HAS BEEN A LOT OF TALK ABOUT

car theft since the move to a push button start. The problem is the key fob is on 24/7. So when thieves come to your house, all they have to do is read the signal from outside your front door, clone the key fob and drive your car away.

The cure for this is simple. The car makers could put an on/off switch on the key fob or even a time-out feature in it. The trick is to talk the auto makers into taking this seriously enough to do something about it.

—Steve Crawford

I JUST READ THE MEMBER LETTERS

in your Spring 2022 issue about the Member who had been driving for 40 years, but the CAA Insurance agent realized that due to an error, it showed she had been driving for only five years.

I had something similar happen to me. When I remarried and took my husband's surname, it affected my driving years, according to my insurance. Luckily, my insurance broker picked up on this when we changed insurance companies. It pays to keep a record of your previous driver's licence number, just in case.

Oh, and I enjoy the articles in your magazine!

—Madilynn Wade



THANK YOU FOR THE HELPFUL

reminder of the value of the environment and those who benefit from the donation opportunities included in Meaghan Wray's article "Second Life" (Spring 2022). Please add the Mennonite Central Committee-sponsored Care and Share Thrift Shops to the eight others featured. They have an excellent shop doing great work in Stouffville, Ont.

—John Thorpe

CONTRIBUTORS

Meet three of our collaborators in this issue



Matthew Guy

WRITER

Matthew ("Garage Storage Made Simple," page 36) is a Nova Scotia-based writer who's never far from something with four wheels and an engine. He regularly contributes to *CAA Magazine* on automotive and home stories.



Tara Nolan

WRITER

Tara ("Get Started with Bikepacking," page 20 and "The Outdoor Gourmet," page 10) is a writer, author and co-owner of savvygardening.com. When she's not in the garden, she's usually on her bike or paddling during the summer.



Andrea Yu

WRITER

Andrea ("Party on the Street," page 28) is a Toronto-based writer who covers lifestyle stories, as well as food and home trends. She says neighbourhood block parties are a sure sign that summer is here and she can't wait for everyone to celebrate.

Do you have something to share? Send a letter to caamagazine@caasco.ca and you could be featured in an upcoming issue. ■

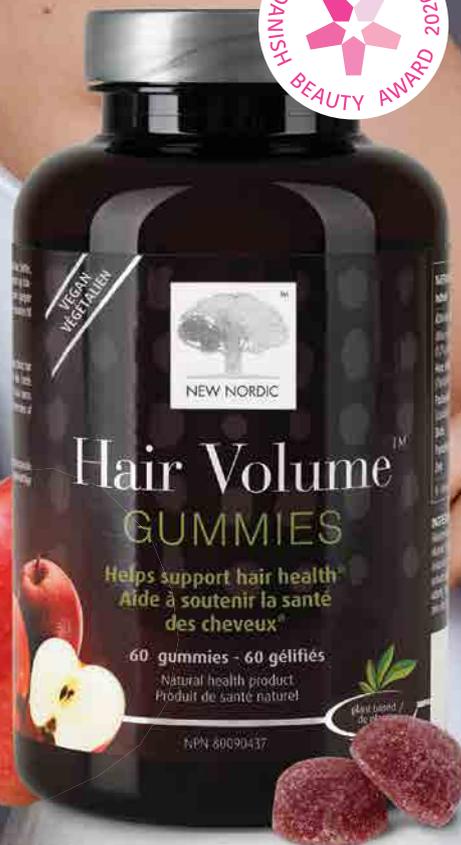
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CAMPING CUISINE

Cooking by the fire never tasted so good. Three cookbooks serve fresh ideas, from one-pot meals to s'mores with a twist.

See page 10.

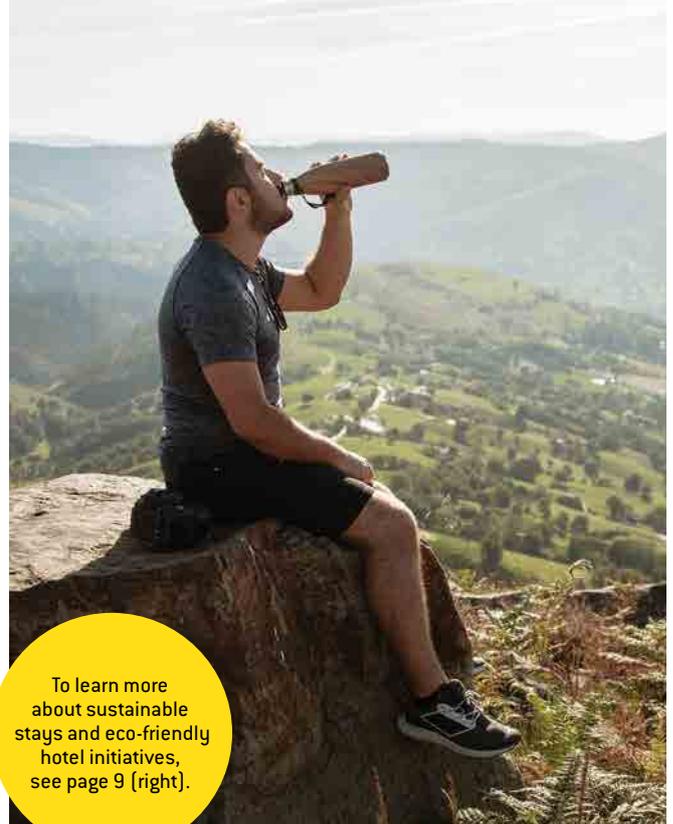


TRAVEL TIPS

ASK A TRAVEL CONSULTANT

Arthur Auyeung, a CAA Travel Consultant with 10 years of experience, talks about sustainability in the travel industry and how Members' choices can make a difference

—Vawn Himmelsbach



To learn more about sustainable stays and eco-friendly hotel initiatives, see page 9 (right).

Is there demand for sustainable travel?

Interest in sustainable travel has grown in recent years, and we've seen even more due to the pandemic.

“There are many ways for travellers to reduce their carbon footprint, such as flying direct whenever possible and purchasing a carbon offset for emissions”

Clients can support local communities and economies, minimize impact to the environment and preserve cultural heritage.

How do you choose an eco-friendly destination?

There are many green options for popular travel destinations, including some that are certified. A great resource is the Green Destinations website (greendestinations.org).

How can people reduce their carbon footprint when travelling?

Travellers can reduce their environmental impact by flying direct whenever possible and purchasing a carbon offset for emissions. At your destination, try to use public transportation and

reusable containers for food and drinks.

Are there industry standards to look for when choosing a sustainable hotel or resort?

A traveller can look at the hotel's website and online reviews. Properties can obtain many certifications, such as Leadership in Energy and Environmental Design (LEED) and Green Globe, both of which identify or rate sustainable practices. Travellers can also connect with a CAA Travel Consultant who can assist with their search.

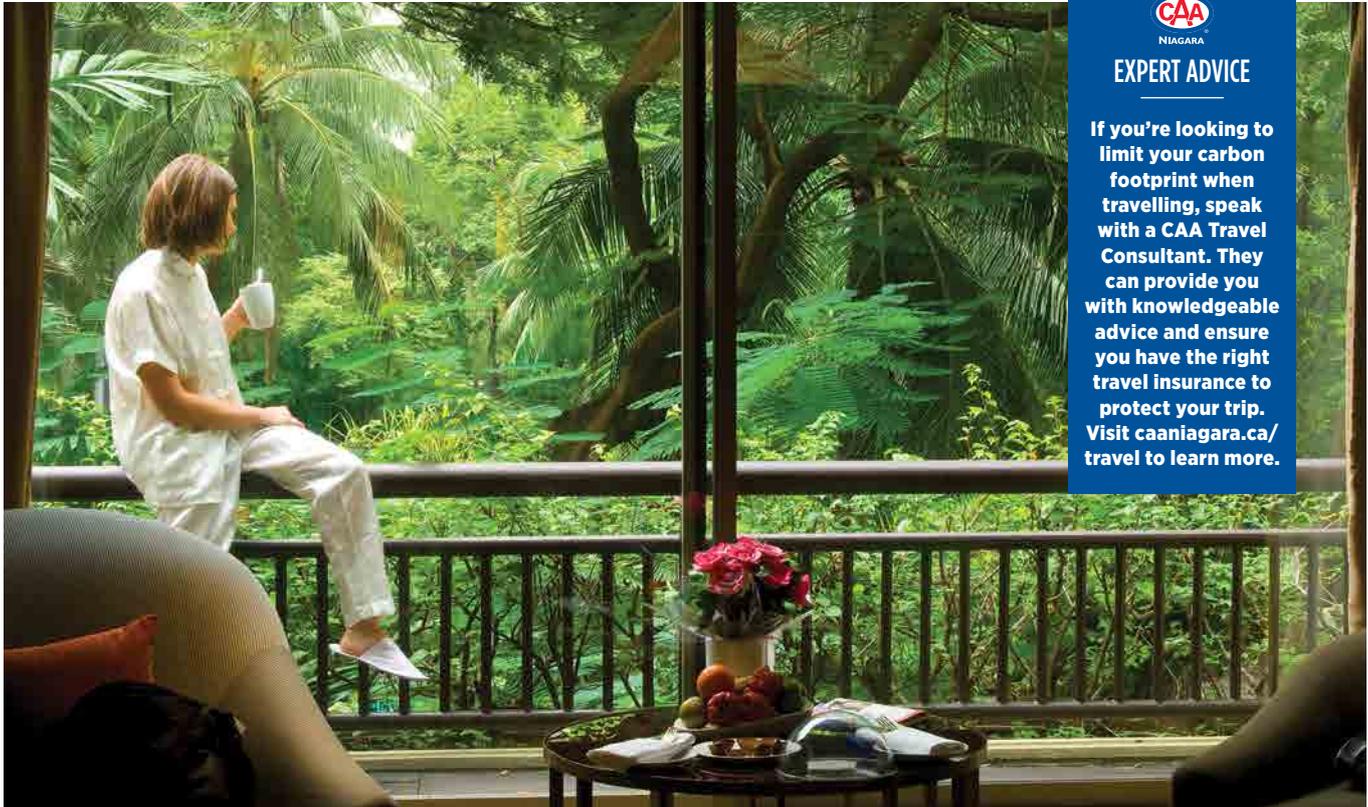
What are tour operators doing to make their operations more green?

Some are striving toward carbon neutrality by using renewable energy sources,

rather than oil, gas or coal. Others are reducing food waste, increasing use of local and organic foods and eliminating single-use plastic, among other initiatives.

Any other tips?

Sustainable travel is an important focus for the hospitality industry and every contribution helps. It may not be feasible to travel eco-consciously all the time, but it would be amazing if more travellers opted for an environmentally friendly trip whenever possible. As the travel industry continues to evolve, I'm excited about upcoming developments in sustainability.



EXPERT ADVICE

If you're looking to limit your carbon footprint when travelling, speak with a CAA Travel Consultant. They can provide you with knowledgeable advice and ensure you have the right travel insurance to protect your trip. Visit caaniagara.ca/travel to learn more.

TRAVEL TIPS

SUSTAINABLE STAYS

Hotels are keeping the well-being of our planet in mind with environmentally friendly initiatives –*Stephanie Gray*

WITH INCREASING CONCERN for the environment and a growing interest in eco-friendly travel, international hotel chains are stepping up to reduce their impact.

Setting goals

Last year, Hyatt Hotels launched World of Care with the intention of reducing greenhouse gas emissions by 27.5 percent. The chain also aims to decrease food waste by 50 percent and shift to refillable toiletries by 2030, which means no more mini soaps and shampoos.

Marriott International aims to hit zero emissions by 2050, while Hilton Hotels and Resorts has committed to cutting its environmental footprint in half by 2030.

Reduce and recycle

To reduce energy consumption, the Ritz-Carlton in Toronto switched all of its lights to LED in their 263 guest rooms, club lounge, parking garage and spa entrance. To heat and cool the hotel more efficiently, Hyatt Place Ottawa West added 225 solar panels to its roof, which is the equivalent of planting 38,255 trees.

In more than 70 countries, Hilton Hotels participates in a soap recycling program, which account for 5,300 of the chain's properties worldwide. The company aims to stop sending any soap to landfills by 2030. In partnership with Clean the World and other groups, more than 11 million bars have also been donated to those in need around the world.

Sustainable practices

The Muir Autograph Collection in Halifax, N.S., has built eco-conscious practices into every aspect of its operations. The hotel was constructed using green roofing materials as well as local or reclaimed granite. The onsite restaurant, Drift, sources local, seasonal ingredients.

To foster the growth of the local bee population, the Residence Inn by Marriott Calgary Downtown/Beltline District has a specially painted beehive for bees arriving at the property this spring.

As more hotels implement sustainable practices, they're doing so while maintaining the quality of their services.

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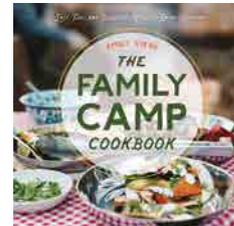
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OUTDOORS

The Outdoor Gourmet

Easy doesn't have to mean boring when preparing a menu for a camping trip -Tara Nolan

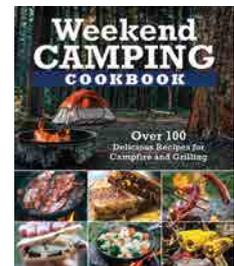


The Family Camp Cookbook

BY EMILY VIKRE

Enticing recipes are prefaced by practical points, like camp kit essentials (skillet, corkscrew) and ways to keep kids safe

around the fire. Then it's on to breakfast ideas, like pancakes and frittata, plus packable lunch options and hearty dinners after an adventurous day.



Weekend Camping Cookbook

FROM THE EDITORS OF FOX CHAPEL PUBLISHING

Easy-to-prepare comfort food, including one-dish mains like chicken enchiladas and campfire options—

sausage pizza on a stick, anyone?—are sure to spark new meal traditions. Plus, expand your s'mores repertoire with over 10 recipe ideas.



Camper Van Cooking

BY CLAIRE THOMSON AND MATT WILLIAMSON

For those who enjoy RV life, discover the best pantry staples for gourmet meals on the road. One-burner recipes include toad-in-the-hole for a hearty breakfast, while curry and prawn subs keep cooking easy and delicious.



COOKING WITH CAA

Whether you need cookbooks or ingredients for your camping trip, shop with CAA Rewards® partners to save time and money. Pick up a cookbook from Indigo or order your groceries from INABUGGY. Visit caaniagara.ca/rewards to learn more.



HOME

Everlasting Flowers

Four ways to keep your floral arrangements fresh
—Jessica Napier

KEEP YOUR GROCERY STORE BOUQUET

or professional floral arrangement looking crisp and fresh with these at-home care tips to extend the life of your blooms.

1. CLIP AND PRUNE THE STEMS

Before placing your bouquet in water, use a pair of sharp scissors or pruning shears to cut each stem by at least half an inch at a 45-degree angle. This increases the surface area of the stems and helps the flowers to absorb more water.

You should also remove any leaves that will be below the waterline, as excess foliage can rot and turn the water cloudy over time.

2. CHANGE THE WATER FREQUENTLY

Flowers thrive in cool, clean water, which means you'll want to rinse your vase thoroughly and refill it with fresh water every two to three days. Adding a package of flower food—or a homemade mix of citric acid, sugar and bleach—can also help prevent mould and bacteria from building up in the water.

3. DON'T MIX FRUIT AND FLOWERS

Place your bouquet far away from the fruit bowl. Apples, bananas, peaches and many other common fruits and vegetables release ethylene gas into the air as they ripen, which can cause flowers to wilt and drop their petals prematurely.

4. KEEP YOUR BLOOMS COOL

Cut flowers prefer cold temperatures, so avoid placing arrangements in direct sunlight or near a fireplace or radiator. If you really want to preserve your bouquet for as long as possible, consider storing it in the fridge overnight.



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AUTO ADVICE

Charged Up

Driving range is often the key issue preventing people from making the switch to an electric vehicle (EV) –*Matt Bubbers*

"RANGE ANXIETY is the elephant in the room," says Ryan Peterson, CAA's manager of automotive services for South Central Ontario.

The first thing to know is that a typical gas-powered car—a Honda Civic, for example—can cover approximately 500 to 650 km before the tank is empty, Peterson says. Most modern EVs are in the same ballpark, with driving ranges varying from roughly 300 to 600 km. Each year brings new EVs that can cover more distance. You can find official range data on the Natural Resources Canada website (NRCAN.gc.ca).

ACCESS TO CHARGING STATIONS

It's not really range that worries people, says Peterson. Rather, it's the

uncertainty around recharging. After all, most people have never charged a car before.

If—and this is admittedly a big if—you have a place to plug in the vehicle at home overnight, it's like having a gas station in your driveway. Every morning, the battery is fully charged.

Public chargers tend to be for occasional use and longer trips. You can find them easily on Google Maps or apps like PlugShare. According to Natural Resources Canada, there are over 6,700 public charging stations across the country, with plans to build more as demand increases.

"I don't think people realize how many chargers there are in the market already," Peterson says.

CHARGING TIMES

Charging an EV's battery does take longer than filling a gas tank, though. Many variables affect battery charging speed, but in general, a 15-to-20-minute stop at one of the latest generations of fast chargers can net an extra 300 km of driving range, Peterson says.

Typically, after two to four weeks with their new car, EV owners tell Peterson that their range anxiety has faded. They tell him: "What was I ever worried about?"



Have more questions about electric vehicles?
Learn more at caa.ca/sustainability/electric-vehicles.

ASK AN EXPERT

SHOP TALK



CAA auto expert Ryan Peterson answers your questions

I'm planning on purchasing all-weather tires. Which brands provide durability and good fuel efficiency?

—Gary Gilmour

A: All-season tires are best when conditions are warm and dry, while all-weather tires are ideal for mild winters with slush and rain. Currently, there is a comparatively small selection of all-weather tires and limited long-term performance results. However, Michelin CrossClimate leads the pack, with the Goodyear Assurance WeatherReady tire a distant second. Keep in mind that fuel economy with all-weather tires is typically less than with all-season tires.

I drive a made-in-Canada vehicle and I want to keep it that way. But I'm having trouble finding Canadian-made rotors. I use Ideal brake pads for my 2013 Ford Edge SEL AWD 3.5l, which are made in Canada, but the technician said I should not mix brands. Is this true, or can I mix them safely?

—Glenn Kitchen

A: While vented and drilled rotors help improve the cooling and speed of venting gases, there is little to no real-world value in your application. We have spoken with numerous brake suppliers and sadly have yet to find a brake rotor made in Canada. Don't sweat having a brand of brake pads that's different from the rotors. Just ensure if you are using ceramic pads that the rotors are ceramic compliant.

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HOME

Choosing a Contractor

Whether you're updating your kitchen, remodelling your bathroom or finishing your basement, here are six things to consider when meeting with a potential contractor —*Tracey Tong*

Review the company

A contractor's business background provides insight into their company and the individuals who may be managing your project, says Matthew Brooks, operations lead and partner at Toronto's South Park Project Management Inc.

"You want to make sure that whomever you entrust with something as important as your home is a professional and experienced person," says Giovanna Helmer of Toronto-based CCS Construction

Group Inc. "Hiring a contractor who doesn't have the necessary expertise can cause delays to the project timeline and higher than expected costs, as well as technical deficiencies in the execution," Helmer says.

Check references

Speak to someone who has worked with the company and find out if there were any concerns.

"You want to make sure the contractor has experience with projects like yours and is able to

deliver it in a timely and professional way. References are a good way to check that," Helmer adds.

Ask about their expertise

Contractors specialize in certain areas and have different styles.

Brooks and Eric Adelman, president of South Park, always invite clients to look at their online portfolio for projects that are similar in scale or scope. "It's important to see that a contractor can produce a high-quality end product

and has valid experience with similar-sized projects," Brooks says. "We also encourage prospective clients to come see a project in person with us. An active job site provides a sense of how a company functions."

Talk about logistics

Ask if the contractor uses their own staff or subcontractors and if they include design services or work with independent designers. Find out if they will look after any necessary permits.

But be flexible.

Construction projects never unfold in a straight line, so be ready for unexpected scenarios.

The contractor may also make recommendations based on their expertise and experience.

Ensure you're protected

Liability insurance protects you, the builder and the subcontractors. Consider getting builder's risk insurance, which covers things like damage, vandalism and theft during construction.

Request a written contract

A contract sets out the description of the work, number of workers, materials, costs, dates and how changes will be handled.

If something goes wrong, the contract can be used by you—or the company—in a legal dispute.

Trust your instincts

If you feel that you can't communicate with the contractor, don't feel embarrassed to walk away and choose someone else, Helmer says.



HEALTHY EYES

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Blue Berry™ has done wonders for my eyes!

Claudette is a retired secretary. When she was diagnosed with age-related macular degeneration, she knew she had to do something. Blue Berry™ was exactly what she was looking for.



“I’ve worked as a secretary my entire life, and even though I’m retired now, I still enjoy staying active and reading my daily newspaper. A few years ago, I noticed my vision start to suffer. My optometrist told me I had AMD (age-related macular degeneration), which is a condition that gradually can lead to vision loss.

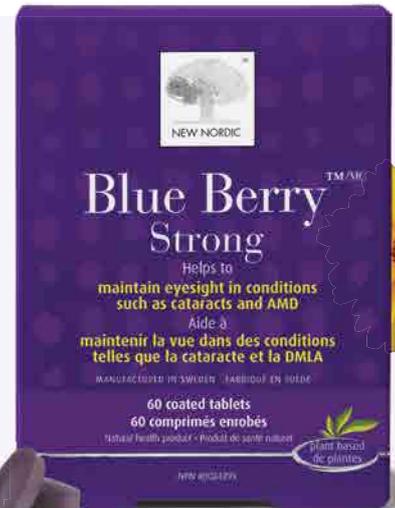
I DIDN’T WANT TO GIVE UP

I started researching AMD, as I was determined to maintain my eyesight. I came across an article about a product called Blue Berry™ which explained the benefits of colourful fruit pigments on eye health. So, I went straight to the pharmacy and bought my first box.

MY OPTOMETRIST WAS IMPRESSED

After a few months of taking Blue Berry, my optometrist noticed an increase in optical pigments in my eyes. I was noticing an improvement too, as I was enjoying reading stories to my grandson. I am thrilled. Blue Berry has done wonders for my eyes and I highly recommend this product to anyone wanting to keep their eyes healthy!”

- Claudette, France



THE SWEDISH SECRET TO HEALTHY EYES



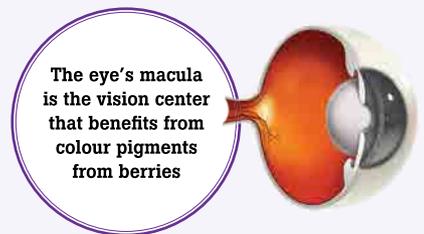
Wild Swedish low bush blueberries are small, tasty and so colourful inside that they colour your hands blue when you eat them. It’s this natural colour that benefits the eye’s macular vision center.

TEST YOURSELF:

	YES	NO
I noticed gradual eye problems with age	<input type="radio"/>	<input type="radio"/>
I have blurred or distorted vision	<input type="radio"/>	<input type="radio"/>
My eyes are tired	<input type="radio"/>	<input type="radio"/>
I have night vision problems	<input type="radio"/>	<input type="radio"/>
I have high exposure to blue light/LEF lights	<input type="radio"/>	<input type="radio"/>

Does this sound like you? Then try Blue Berry to help promote eye health

Blue Berry™ has been the no.1 eye supplement in Scandinavia for two decades. Based on blueberries and lutein, it provides high concentrations of carotenoids (colour pigments) to nourish your eye’s vision center and help maintain your eyesight, even in conditions of AMD and cataracts.



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



BUY DIRECTLY ONLINE OR CALL US
1-877-696-6734
www.newnordic.ca

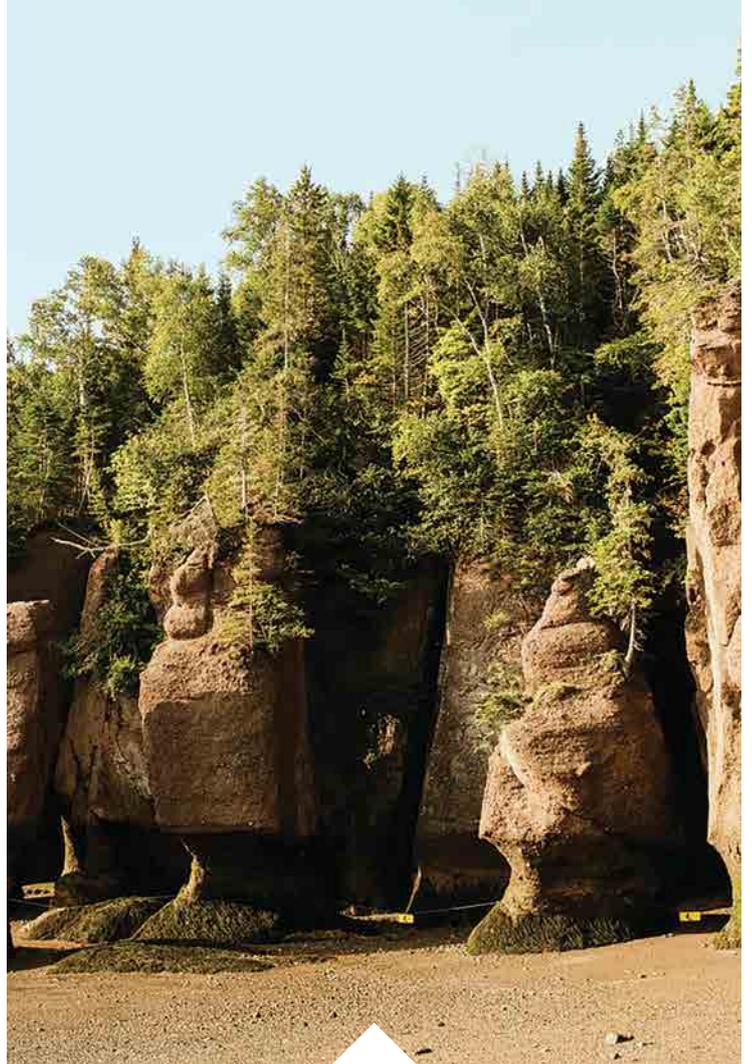
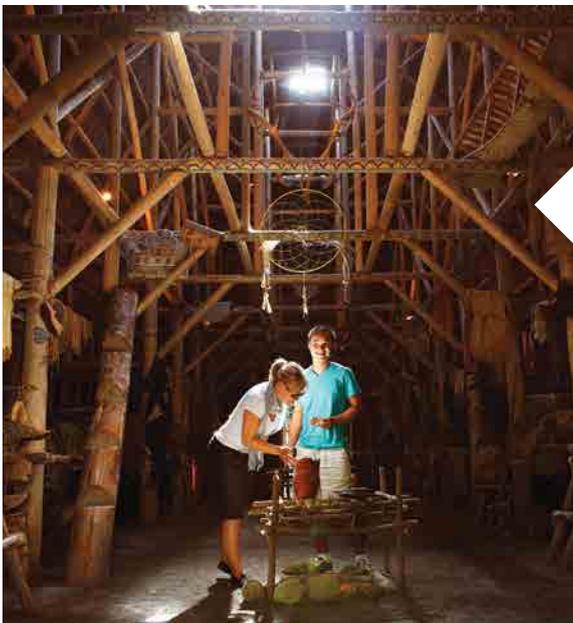
TRUE NORTH ADVENTURES

Explore our country's diverse cultural heritage and stunning natural landscapes with six iconic experiences

by JESSICA NAPIER

WHERE CAN YOU RIDE A HORSE to a backcountry barbecue, walk the ocean floor or adventure among black-tailed deer? Right here in Canada, with the Canadian Signature Experiences collection, a curated list of authentic and inspired getaways.

Destination Canada (destinationcanada.com), which works to promote the country as a tourism destination, has highlighted about 200 unique regional tours and unforgettable attractions from coast to coast. Here are six of our favourites.



WALK ON THE OCEAN FLOOR **HOPEWELL ROCKS, N.B.**

Twice a day, more than 160 billion tonnes of sea water flow in and out of the Bay of Fundy in Atlantic Canada. At Hopewell Rocks Provincial Park in New Brunswick, visitors can walk the ocean floor during low tide, then return at high tide for a kayaking tour between the flowerpot rock formations. Don't miss marvelling at the soaring sandstone "sea stacks" that have been carved over thousands of years by powerful tidal erosion. nbparks.ca

HURON-WENDAT HERITAGE **HÔTEL-MUSÉE PREMIÈRES NATIONS, QUE.**

Located along the Akiawenrahk River near Quebec City, Hôtel-Musée Premières Nations lets visitors immerse themselves in the history and culture of the Huron-Wendat Nation. The boutique hotel and heritage museum blend Iroquois traditions with modern amenities and are decorated with authentic Aboriginal textiles, furniture and art. Guests can create such crafts as talking sticks and beaded necklaces on a leather string during artisan-led workshops, and listen to stories about the Huron-Wendat Nation in the Ekionkiestha' National Longhouse. Savour First Nations cuisine at the on-site restaurant, La Traite, including such dishes as Appalachian red deer tartare, wild boar medallions with smoked parsnip purée and whole-wheat pancakes with maple-blueberry compote with bannock and seasonal jam. tourismewendake.ca



OTTAWA RIVER RAFTING

OTTAWA RIVER, ONT.

Feel the spray of the water on your face as you paddle along the Ottawa River with OWL Rafting, family owned and operated since 1981. Choose from low-, medium- or high-intensity experiences that range from day trips to one- or two-night camping excursions. First-timers or families with young kids (children must weigh at least 50 lbs to participate) will appreciate the gentle waves lapping against the raft, while thrill seekers should hold on tight, as the rapids are strong enough to send paddlers into the whitewater. owlrafting.com



ULTIMATE AURORA

BLACHFORD LAKE LODGE, N.W.T.

Travel by float plane from Yellowknife to Blachford Lake Lodge for a once-in-a-lifetime northern adventure. Nestled in the heart of the Canadian wilderness, this remote property is a picturesque base from which to view the brilliance of the northern lights as it dances and shimmers in the night sky. Guests at the lakefront lodge can swim, canoe and kayak along the 17-kilometre waterway in summer, or enjoy snowshoeing, snowmobile rides and cross-country skiing during the winter. blachfordlakelodge.com



WESTERN WILDERNESS COOKOUTS

BANFF TRAIL RIDERS, ALTA.

Saddle up and step back in time for a Cowboy Cookout Ride with Banff Trail Riders. Set out on horseback or in a covered wagon and take in scenic views of the Bow River during this three-hour trail ride through the Canadian Rockies. A pit stop at Three Mile Cabin includes a family-friendly game of horseshoes followed by a backcountry barbecue feast of steak and beans. horseback.com

HAIDA GWAII ISLANDS TOUR WITH GWAII HAANAS

HAIDA GWAII ISLANDS, B.C.

Situated off the coast of British Columbia, Haida Gwaii is a unique archipelago of islands rich in coastal culture and natural history. Maple Leaf Adventures takes explorers on a multi-day land and sea tour to visit remote beaches and the Great Bear Rainforest. Along the way, you can spot west coast wildlife, like black bears, black-tailed deer, humpback whales and sea stars. Tours also include a visit to the 19th-century Haida village of SGang Gwaay (Nan Sdins), a UNESCO World Heritage Site, to learn about the history of the Haida People while admiring ancient monumental poles and longhouse remains. mapleleafadventures.com



MORE TO EXPLORE

Speak with a knowledgeable CAA Travel Consultant to help you plan a trip anywhere in Canada. They can also make sure you have the right travel insurance to protect your trip. Visit caaniagara.ca/travel for details.

BRING ON THE SUN

Brighten your summer adventure while camping, road tripping or relaxing in your own backyard with these colourful essentials, available online from CAA Rewards® partners

1. Dry Touch Facial Sunscreen

Enriched with plant extracts, this hydrating formulation with SPF 30 protects skin from UVA and UVB rays.

CLARINS
Earn 4% in CAA Dollars*

2. Chillfish Charlie Glow Toddler Balance Bike

Light-up LED wheels make for a fun and safe ride by providing extra visibility. The seat and handlebars can also be adjusted for growing kids.

WELL.CA
Earn 5% in CAA Dollars

3. Quechua Forclaz Sleeping Bag for Kids

Whether it's their first or 15th camping trip, little ones will love this cozy, lightweight, machine-washable sleeping bag.

DECATHLON
Earn 10% in CAA Dollars

4. Yeti Hopper M30 Cooler Bag

Keep your food and drinks ice-cold with this insulated, leak-proof and travel-friendly bag.

PRFO SPORTS
Earn 5% in CAA Dollars

5. Navy Teal Favourite Pitcher

Serve cold-brew tea or fruit-infused water in this stylish, dishwasher-safe decanter. A built-in mesh infuser helps contain loose-leaf tea or fruit, while the spill-proof lid means no drips or messes while you're on the go.

DAVIDSTEAL
Earn 5% in CAA Dollars

6. Vivere Sunbrella Hammock With Stand

Relax in this double hammock made with a durable, stain- and mildew-resistant fabric. The nine-foot stand is made of heavy-duty steel that can be easily assembled and adjusted.

RONA
Earn 2% in CAA Dollars

7. Old Town Sorrento 126 SK Kayak

This touring kayak with adjustable foot braces is great for a day out on the water. Handles on the bow and stern make it easy to pull in shallow water or onto dry land when not in use.

SAIL
Earn up to 5% in CAA Dollars



1



2



3



4



5



6



7



EARN AND SAVE ONLINE

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

Trademarks and registered trademarks are property of their respective owners. Restrictions and conditions apply for each participating partner offer. Partners and/or offers are subject to change without notice. For full details, visit caaniagara.ca/rewards. To earn and redeem CAA Dollars, you must be a current CAA Member in good standing. For more information on CAA Dollars, please visit caaniagara.ca/caadollars.

Paint With Confidence

New From Dulux® Paints:
washable interior paint
that is long-lasting
and easy to clean



Wall colour:
Gray Heron DLX1033-5

Do you scrub your walls so hard

to remove crayon marks, food splatter or the residue from everyday living that you rub the paint right off? If you find yourself thinking that there has to be a better way to clean your walls without damaging the paint, you're not alone.

Clean freaks rejoice! Available in over 1,800 colours, *Dulux Diamond Distinction™* is a revolutionary interior latex paint specially formulated with Clean Surface Technology™. Stains wipe away quickly and easily with an all-purpose cleaner. It's that simple. Plus, it's suitable for all households.

THE BUSY FAMILY

Every parent knows the messes that children can make. That's why painting well-used kids' spaces with *Dulux Diamond Distinction* is a no-brainer. This paint wipes completely clean, so you can rid your walls of greasy fingerprints, crayon marks and even paint splatter from arts and crafts. Even when cleaned regularly, your walls will still look brand new. Plus, it's low-odour and non-toxic, so you can feel comfortable using it around your children.

COLOUR TIP

Get the kids involved in choosing the paint colours for their rooms so they'll be more inclined to keep the space tidy. Seek paint colour inspiration from their toys, picture books and bedding.

THE SAVVY HOST

Do you love cooking meals for friends and family but dislike how food somehow ends up everywhere? Red wine, curry, pasta sauce, coffee spills—you name it. No need to stress about getting those stains out immediately. With *Dulux Diamond Distinction* washable paint on the walls, food wipes off easily without leaving residue, even if you leave the cleanup until the next morning.

COLOUR TIP

Choose a deep, rich burgundy or muted green to give your dining room an elegant look, while a cheery yellow shade brightens a breakfast nook.

THE PET OWNER

Whether you have a 60-pound golden retriever or a smaller pooch, homes with pets certainly see their share of animal-related incidents. From puppy training accidents to scuff marks from repeated pawing to mud and muck from daily walks, with *Dulux Diamond Distinction* on your walls, messes clean up easily. Plus, the washable formulation is mildew resistant.

COLOUR TIP

Mud rooms and laundry rooms see a lot of activity from all members of the household, including four-legged friends. Freshen up the space with a warm, on-trend neutral tone.

PAINT LIKE A PRO

Get the job done quicker, better and smarter with these expert tips from *Dulux*

USE A GOOD BRUSH AND ROLLER

Cheap brushes lose their bristles, don't hold as much paint and leave uneven marks on the surface.

Investing in high-quality materials—including paint—sets your project up for success.

USE AN EXTENSION POLE

Attaching an extension pole to your paint roller can help you get excellent results—on both walls and ceilings—faster and with less fatigue.

USE PAINTER'S TAPE

Smooth the edges by rubbing the tape with your fingernail and remove it before the paint dries. This ensures clean paint lines and prevents the tape from bonding to the surface.

CAA Members save 25% on regular priced *Dulux* paints and earn 3% in CAA Dollars®. Plus, save 10% on accessories. Visit Dulux.ca/CAA for details.

PRESENTED BY



GET STARTED WITH BIKEPACKING

Go the distance and take your next adventure on two wheels

by TARA NOLAN



I F YOU'RE LOOKING for a new challenge, bikepacking may satisfy that yearning. Similar to bike touring, this off-road experience is a mixed-terrain cycling adventure, with the freedom to include backcountry trips. Here's how to get started exploring anywhere on two wheels.

Choose the right bike

Paulo LaBerge, an ambassador for Esker Cycles, cycling photographer and biking enthusiast, enjoyed his first bikepacking trip beach-hopping the Nicoya Peninsula in Costa Rica. Since then he's been to Jordan, Tanzania, back to Costa Rica and across Ontario.

He recommends beginners choose a hardtail bike. The front suspension on hardtails makes them comfortable to

ride on smoother trails, and they're generally affordably priced. Or try a rigid mountain bike to get the most energy efficiency out of each pedal stroke. "There is a bike to suit everyone," he says. "With an aluminum or steel mountain bike, there are many options: the frame can generally accommodate more types of cargo space, so it's easier to mount bags."

Mountain bikes also come with more stability and control. Experienced cyclists may consider drop-bar gravel bikes, which allow you to ride over many different surfaces including dirt roads, forest tracks, gravel trails and sidewalks. They're also faster, so you can cover more distance.

Gear up

Any equipment and essentials you take should be well secured to your

bike frame, seat post and handlebars using racks, mounts, straps or ties. For what to bring on your trip, see below.

Start with a short trip and build your gear collection as you figure out what you need. Consider borrowing equipment for your first trip before investing in your own. If you know what you want and your local bike shop doesn't sell it, they may be able to help with special orders. Members can also enjoy exclusive pricing on bike gear at shopwithcaa.com.

If you've been camping or backpacking before, you can likely use some of your lightweight gear, like sleeping bags and cooking items.

Repairs on the go

Be prepared to fix your bike anywhere. Carry a repair kit and a couple of tire levers

to fix a flat. LaBerge recommends a functional multi-tool with a chain breaker and a set of Allen keys that will fit every bolt on your bike. A multi-tool with small pliers and a sharp knife is also valuable, he says. Keep extra nuts and bolts in a sealed bag along with a couple of chain links in case they come loose.

Grab a map

Plot your route in advance and have a map or GPS handy while riding. Short local trips will help you determine what items are absolutely necessary for longer journeys.

Your local bike shop likely has a staff member with bikepacking experience to share, as well as route suggestions and tips.

When bikepacking, you can map your own exciting adventure. ■

WHAT TO BRING

Here are some of the essentials you'll need for any bikepacking adventure. Choose compact, lightweight items whenever possible.

Water bottle, plus extra water

First aid kit

Tire repair kit

Food and snacks, like dried fruit

Headlamp

Multi-tool

Map, compass or GPS for navigation

Tent

Sleeping bag

Plate, bowl and utensils

Portable stove

Extra clothes



If you're stranded with your bike or you have a flat tire or a broken chain, CAA Bike Assist™ can help. If it can't be fixed on-site, CAA can transport the bike to a location of your choice. Visit caaniagara.ca/bikeassist for more information.

*Basic Members receive five tows up to 10 km, Plus Members receive four tows up to 250 km and one tow up to 10km and Premier Members receive one tow up to 500 km, three tows up to 250 km and one tow up to 10 km within the CAA Niagara territory. Bike Assist counts as one of your allotted roadside calls during your membership year. Service will be provided to cyclists where there is permitted vehicle access and based on seasonal availability.



CUT COOLING COSTS

Five tips to ensure your air conditioning system is running at peak efficiency

by ANDREW RAVEN

I F YOU'RE A HOMEOWNER with a central air conditioning system, you know the cost of keeping a house cool all summer long. The good news? With a bit of elbow grease, you can make your system run more efficiently—and save money. Just follow these tips from Noah Laird, operations manager of Laird and Son, a Toronto-based heating and air conditioning company.

Draw the shades

Keep your blinds and curtains closed, particularly in south-

facing rooms, Laird says. That can help lower the room temperature.

Check your air filter

The filter on your furnace blower, which circulates the cold air, will get dirty and make your system work harder—especially if you have pets. If you're using your AC daily, check the filter every month or two. If it's covered in debris, you should replace it.

Clean your coils

Over time, the condenser coils on your outdoor unit

can become caked with dirt, forcing your system to work harder and consume more power. To clean them, Laird says to use a pistol nozzle on your hose and spray the coils at a 45-degree angle. The coils in an outdoor AC unit are usually wrapped around the inner components, essentially acting as exterior side walls. In some cases, you may need to have the outer casing and top removed to gain access.

Seal it up

In older houses, precious cold air can escape through

the walls. Make sure any cracks in the walls and foundation are sealed and reviewed by a professional and that your home is well insulated, including in overlooked spaces, like the attic and garage.

Keep the fan going

Even when your AC is off, you can still chill your house by running the system fan. That will draw cold air from the basement and provide a couple of extra degrees of cooling. ■



COMPENSATING CAR BUYERS FOR UNFAIR DEALS

If you've been wronged by a car dealer with the purchase or lease of a vehicle, the Compensation Fund can help provide financial assistance

BUYING A NEW VEHICLE can feel more daunting than exciting. Once you've found a fair deal, there's fine print in the contract to read, finances to consider and the loan approval process to navigate. Fortunately, Ontarians can rely on the Ontario Motor Vehicle Industry Council (OMVIC) to ensure their rights are protected every step of the way.

Compensating consumers

The Motor Vehicle Dealers Compensation Fund is a statutory program outlined in the Motor Vehicle Dealers Act. The consumer protection Act is designed to shield consumers from bad sales and unscrupulous dealer behaviour. If issues arise with a vehicle purchase or lease agreement that can't be resolved by the dealer, the Compensation Fund can provide financial assistance to those consumers who qualify in order to help them offset costs incurred from the transaction.

Financed by Ontario's registered motor vehicle dealers and administered by a Board of Trustees, the Compensation Fund is a collaboration between dealerships and government to protect buyers. Since its creation in 1986, the Compensation Fund has paid out over \$6 million to consumers and is part of OMVIC's overall mission to act as a champion for car buyers.

Claim qualifications

A buyer may be eligible for up to \$45,000 in compensation per vehicle transaction. To qualify, the claim must be submitted within two years of a purchase, and one or more of the Compensation Fund's eligibility criteria must be met. The list includes such factors as if a dealer is unable to deliver a vehicle but keeps a deposit, or if they fail to remit payment on an extended warranty contract or pay for a repair that's covered under warranty.

It's important to note that if a buyer chooses to purchase a car from a private seller, they're not protected by OMVIC, the Motor Vehicle Dealers Compensation Fund or the Motor Vehicle Dealers Act.

The Motor Vehicle Dealers Compensation Fund helps Ontario consumers to buy vehicles confidently and with the knowledge that OMVIC can help protect their rights and finances when purchasing a vehicle.

To see if you are eligible, visit omvic.ca to learn more about the Compensation Fund, access a library of free educational resources and sign up for OMVIC's quarterly Consumer Line newsletter. Call 1-800-943-6002 or email consumers@omvic.on.ca to speak with OMVIC's consumer support team for expert advice and help on navigating the car-buying experience.

License to Drive

If you're planning a scenic drive on the open roads outside of Canada or you simply need to get from one location to another, there are a few things you need to know about driving in a foreign country. Read on for the scoop on traffic laws, safety regulations and insurance requirements before shifting that car into gear.

by MARK RICHARDSON

PHOTOGRAPHY: ART UJA DEBA/GETTY



TRONA PINNACLES, CALIFORNIA

This dirt road boasts more than 500 tufa spires, which are limestone towers formed below lake level.





BLACK SPUR DRIVE, AUSTRALIA

While driving through the lush forest of Yarra Ranges National Park, take a moment to admire the mountain ash trees—the tallest hardwoods in the world.

WHAT CANADIANS NEED TO DRIVE ABROAD

Your Canadian driver's licence lets you drive anywhere in the world. But many countries require you to present it along with an International Driving Permit (IDP)—an official translation of your Canadian driver's licence into 10 languages.

Under a United Nations mandate, only CAA is authorized to issue an IDP, whether you're a CAA Member or not. An IDP costs \$25 plus tax and is valid for one year from the date it is issued or when your licence expires, whichever comes first. Some countries, however, may limit the length of time you're allowed to drive there, regardless of your IDP. For more information, visit a CAA Store or go to caa.ca/services/travel/international-driving-permit.

In addition to a valid Canadian driver's licence, you'll need the appropriate insurance to drive in another country.

"The best first step is always to check with your insurance company or broker, whoever it may be, to better understand what coverage you have and what the limitations may be," says Elliott Silverstein, director of government relations at CAA Insurance. "You don't want to overestimate, but you also don't want to underestimate and find you're not covered at all."

Insurance companies have different rules for the coverage they provide. As well, if you're renting a vehicle, the rental company may bundle insurance into the total cost, so talk to your own company first. "It really is about doing your homework beforehand," Silverstein says.



HIT THE ROAD

If you're looking for a leisurely or challenging drive, these six roads are among the most famous in the world

Transfagarasan Highway | Romania

More than twice the length of the Stelvio Pass in Italy (see below), Romania's Transfagarasan was built for the military in the 1970s, so it's both wide and smooth. It climbs more than 1.5 km with tight turns that never seem to end. Snowfall at the pass means it's only open completely from late June to the end of October.

California State Route 1 | United States

One of the most popular road trips in America, State Route 1 hugs the Pacific Coast from north of San Francisco to the south of Los Angeles. Make the most of the drive by heading south, so you always have the ocean on your side.

Great Ocean Road | Australia

Australia boasts spectacular views along the 240 km of the rugged southern coast west of Melbourne. Dramatic offshore rock formations include the Twelve Apostles, a collection of limestone stacks that are nearly 50 metres high.

Stelvio Pass | Italy

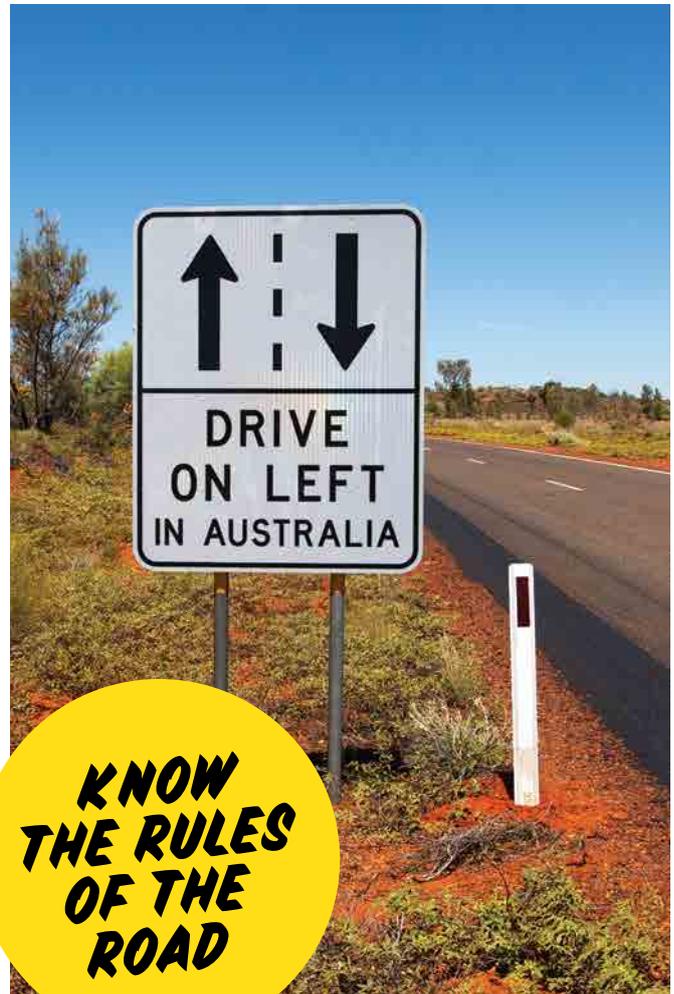
There are 48 hairpin bends in about 50 km of road that connects Lombardy to the rest of northern Italy on this route, open from June to October. It's a 2,000-metre climb to the pass, which borders Switzerland and is the highest paved pass in Europe's Eastern Alps. There may be snow at the top of this winding road as it's situated well above the treeline. Watch for cyclists, who also favour this stretch.

Atlantic Ocean Road | Norway

An engineering marvel, the swooping bridges of Norway's County Road 64 were most recently featured in the James Bond film *No Time to Die*. Its most famous eight-kilometre section connects an archipelago of islands to the mainland and is truly impressive. Continue on to the nearby Atlantic Ocean Tunnel, one of the deepest undersea tunnels in the world.

Wild Atlantic Way | Ireland

Hugging the western coast of Ireland, this 2,500 km stretch passes through nine counties and three provinces. There are over 180 discovery points along the route, including Ireland's most northern point, Malin Head, where you'll see some of Europe's largest sand dunes and a small fishing village, Cleggan Harbour.



**KNOW
THE RULES
OF THE
ROAD**

Before you get behind the wheel in a new city or country, make sure you're informed about the laws specific to that destination. A good place to start is the Canadian government website at travel.gc.ca. You can find general travel advice and driving requirements for the country you plan to visit. If you're renting a vehicle, the rental company may also be able to provide you with up-to-date information.

Some countries have laws that are quite different from our own. Even within Canada, there are different laws because they're governed by provinces rather than by the federal government. It's illegal on the Island of Montreal, for example, to turn right on a red. But unless there is a traffic sign prohibiting such a turn, it's permissible in other cities across Ontario, Nova Scotia and Alberta after a driver has come to a complete stop and it's safe to do so.

Much of Canada allows you to overtake highway traffic on the right, but this is strictly forbidden in other parts of the world.

We all know that people drive on the left-hand side in places like Great Britain, Australia, New Zealand and India. ▷

INTERNATIONAL DRIVING

But that rule can switch within some countries, depending on the region, or some bordering nations may change to the opposite direction. So, if you're crossing the border, you'll need to be prepared and adapt accordingly. Hong Kong, for example, is a left-side-driving country, but the rest of mainland China drives on the right side.

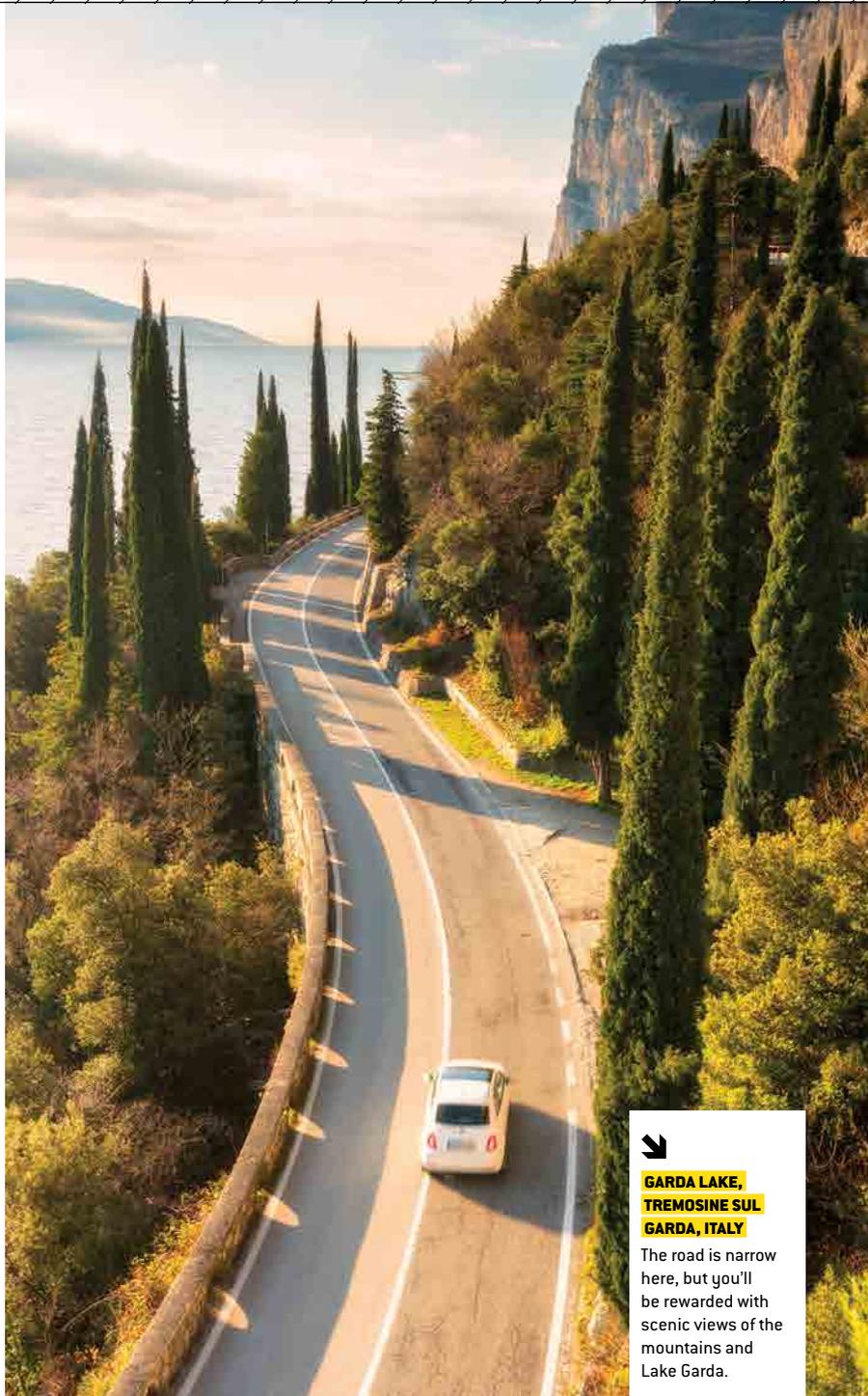
In Germany, it's illegal to stop on the Autobahn, the country's highway. Even if you run out of gas and park on the side of the road, you'll be fined. German police will consider you a careless driver for not checking your fuel level before heading out.

To keep traffic flowing smoothly, the Anti-Road Rage Act in Alabama says that you can drive in the left lane of the interstate only if you intend to pass another vehicle and you must overtake that vehicle within 2.4 km. Otherwise, you could be ticketed for impeding traffic.

In Cyprus, it's against the law to eat or drink while driving, even a sip of water.

Though you may find references online about driving laws and regulations for the country you plan to visit, many of the laws cited online may be out of date or inaccurate. For the most up-to-date driving laws, visit the official government travel website of the country and region you're visiting, or ask your car rental company for a guide to the rules of the road.

In general, obey all speed limits, leave generous space for cyclists and enjoy the drive. **CAA**



**GARDA LAKE,
TREMOSINE SUL
GARDA, ITALY**

The road is narrow here, but you'll be rewarded with scenic views of the mountains and Lake Garda.



CRUISING ON TWO WHEELS

Before revving your engine, here's what you need to know about motorcycle helmet safety

Whether it's your own bike or a rental, you're best to bring your own helmet and riding gear. It will fit better and be more comfortable, too.

Make sure your helmet's safety standards are accepted in the country you're visiting.

In Canada, the rules are the same across the country:

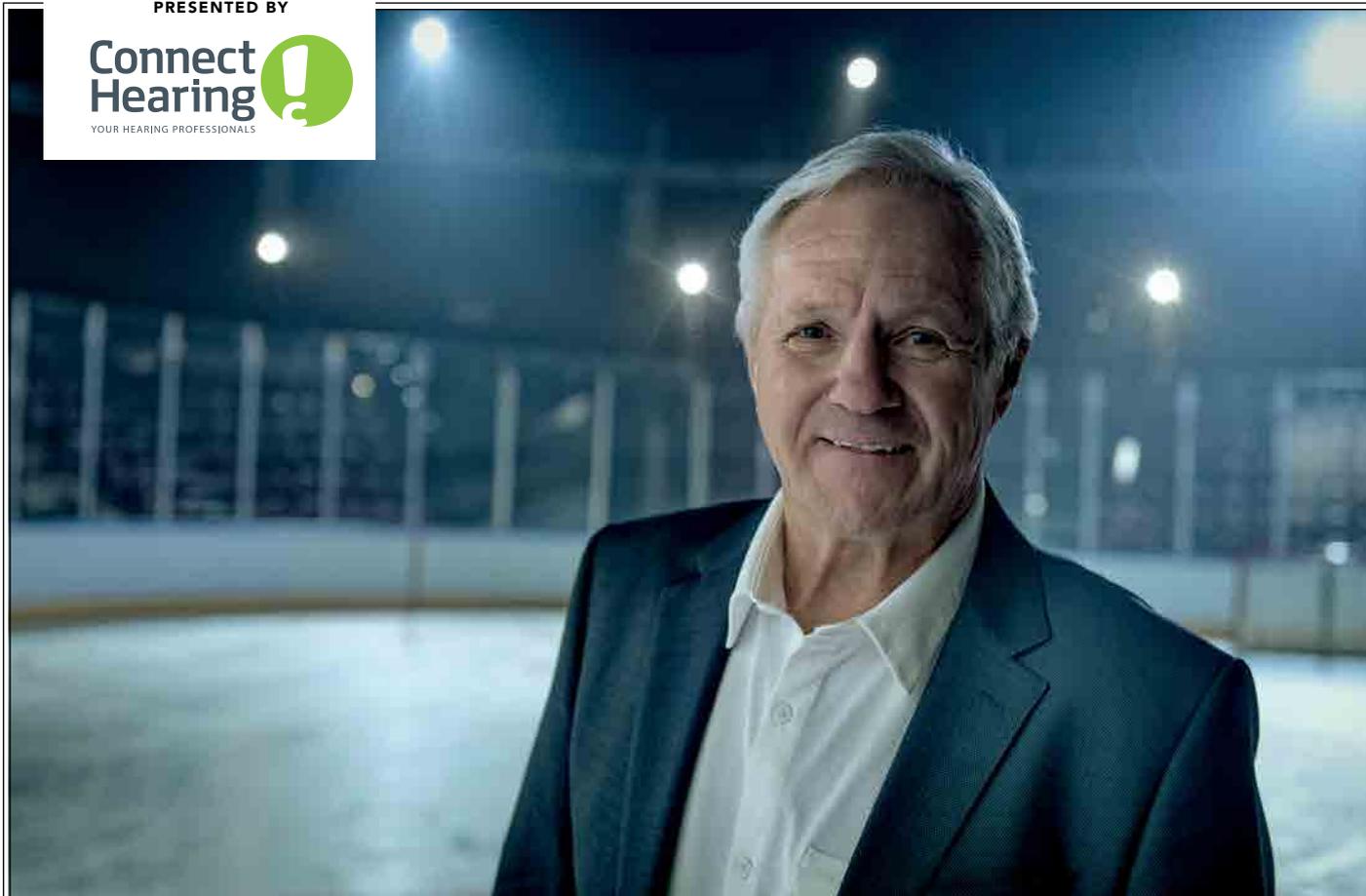
- Helmets must be DOT- (U.S. Department of Transportation), ECE- (Economic

Commission for Europe) or Snell- (the racing-focussed Snell Memorial Foundation) approved.

- Some helmets may be approved by all three agencies.

In some countries, particularly in Europe, it is illegal to use a helmet that is only DOT approved.

PRESENTED BY



A Man Who Doesn't Like to Miss

Hockey great Darryl Sittler keeps an ear to the ice

WHETHER IT'S LEADING A CHARGE

down the ice, chasing a scoring opportunity or getting the puck in the net, Darryl Sittler doesn't like to miss a thing. That's how he became a Canadian hockey legend, with an unbroken record of scoring 10 points in a single game for the Toronto Maple Leafs—not to mention making the winning goal in the Canada Cup of 1976 and being inducted into the Hockey Hall of Fame in 1989.

To avoid missing out on whatever comes next in life, Sittler has always believed you have to be prepared. As a kid, he worked on his skills all summer to be ready for hockey season. Today, it means taking care of his health so he'll always be able to get the most out of his busy life.

For Sittler, that typically means an annual physical, eye exam and hearing test. He noticed for some time that he could not always hear everyone in a crowded corporate suite or at a restaurant with friends. But because of Covid, he hadn't had a hearing test in 18 months. He decided to visit the Connect Hearing location near his cottage in Orillia, Ont.

"They were awesome," Sittler says. "The test was very easy and didn't take long. And they did a great job of going through the instructions, showing me how to look after the hearing aids, change the batteries, that sort of thing."

Now he notices how much clearer everything sounds (and he doesn't

have to ask his wife to repeat something she says from another room). He's not worried about people seeing him wear hearing aids: "I'd rather have a hearing aid on and be part of the conversation, and not miss out on things with my grandkids or other conversations."

Looking after your hearing is a health issue, says Sittler. "I'm happy to do what I can to increase awareness if it helps people. I don't want there to be a stigma about hearing loss."

As a long-time ambassador for important health issues, such as cancer, he knows he can use his voice to help people take care of themselves. "If I can encourage people not to wait and go get their hearing checked, I'm happy to do it." After all, he knows first-hand how much better life can be when you don't miss a thing.

Look after your hearing health so you get the most out of the best things in your life. **CAA Members can save up to \$2,000** on a pair of Select level hearing aids and **15% off** everyday listening products with Connect Hearing.*

Don't miss a thing. Book your hearing test at connecthearing.ca/caa or call 1-888-486-0177.

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

Party on the Street

GATHER YOUR NEIGHBOURS AND THROW A BLOCK PARTY TO REMEMBER

by ANDREA YU

SINCE 2016, CAA Member Allyson Payne has been helping organize a party on her street in west Toronto. With the road closed to traffic, Payne and her neighbours have hosted such activities as scavenger hunts, competitive events like egg-and-spoon and relay races, band performances by local musicians and movies. Then the pandemic hit.

With life slowly returning to normal this summer, it's a great time to revive—or begin—the tradition of a block party in your neighbourhood, keeping in mind current health and safety protocols, of course. If it's your first time hosting a street party, it can feel daunting. But Payne says it's not difficult to organize, and the experience can be easily recreated each year. "The next year, it kind of ran itself," Payne recalls.





Submit your permits

The first step is deciding how large your event will be. Find like-minded folks to help with organizing. Payne's friend Emma Paisley joined her along with an enthusiastic group of volunteers, many of whom had young children.

Next, apply for a permit from the city to close the street to traffic for the day. Rules vary depending on your area, so check with your town or city about what permits and permissions are required.

In Toronto, the city recommends submitting an application to temporarily close a residential street at least eight weeks in advance of your event. Paisley says she would submit their request even earlier.

"It is really useful to make contact with the individual responsible for your permit to talk through all the paperwork," Paisley says. "The first year, I had a lot of back and forth requesting additional information. Now it's online forms, but it's always useful to follow up with a phone call to make that

contact and ensure they have all the information they need."

In St. John's, N.L., organizers also need to submit a form with more details about the event to city officials, including what road or streets will be closed and during what hours, a site map and a copy of the insurance coverage. An emergency response plan must be in place, and the organizers must follow current public health protocols for Covid-19.

Paisley recommends informing your local councillor about your street party. Local businesses and real estate agents may be able to help promote and participate in your block party, too, by hosting activities or donating funds or items for the festivities.

Insuring your event

Paisley and Payne also needed liability insurance for their street party. Reach out to local or national organizations or membership groups who may ▷



SAVE MORE WITH CAA

If you're planning a street party or a smaller gathering, shop online and in-store with CAA Rewards® partners for the supplies you need while taking advantage of Member-exclusive discounts. Visit caaniagara.ca/rewards for a complete list of partners.

cover the cost of insurance in exchange for a bit of promotion. A third party may foot the bill if you include their logo on flyers or allow them to have a banner or even a booth at your event.

Blocking road access

Barricades are needed to close the street during the permitted hours. In Toronto, organizers are required to rent, buy or build their own barricades.

Payne says that she and her neighbours borrowed barricades for several years before eventually building their own.

Get everyone involved

Your neighbours will likely want to be part of the fun. Find out what interests them and how they could help out with the event. Paisley and Payne encouraged their neighbours to get creative and host their own activities.

"We had an artistic neighbour who made a piñata," Payne says. "The local appliance store donated a ton of big boxes and we made a huge cardboard city." Some kids displayed a gallery of their art, while others hosted face painting and carnival games.

"One year, we had a singer-songwriter from the neighbourhood who brought her own audio setup," Payne says.

Bouncy castles are also a hit with the kids, according to Payne. While they usually rent theirs, Payne says some organizers will purchase one to use every year and share the cost and use with neighbouring streets.



Payne's festivities usually end with an outdoor potluck and movie screening using a borrowed projector, screen and speakers.

Fundraising and donations

While most parties are volunteer-run, there are still some costs involved in hosting a block party. Payne recommends organizing a raffle to raise funds. "One of our volunteers canvassed the neighbourhood for raffle donations," Payne says. It's also a good idea to set up a donation box during the

event. The money can then be used to reimburse helpers for their expenses or saved for the following year.

The months of volunteer work is stressful at times, but for Payne, it's all worthwhile once she sees the party unfold. "Although it's a really long day and so much planning and organizing beforehand, seeing it all come together is reward enough for me," she says. "Watching families smiling and laughing with new and old friends makes it all worthwhile. I'm looking forward to the next one." **CAA**

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THE Ultimate Summer Adventure

Looking forward to an epic road trip, dining al fresco or a double-scoop ice cream cone with the kids? Whether you're lounging on a beach, hiking trails or relaxing at home, get exclusive discounts on the things you enjoy all summer long, just by being a CAA Member. Here's how.

by ANDREW RAVEN



Hit the road



Summers are made for road trips, for spontaneous excursions or planned long-weekend adventures. So hop in the car and see where the road takes you. Will you visit historic landmarks, catch some local theatre, experience scenic islands or discover a remote waterfall?

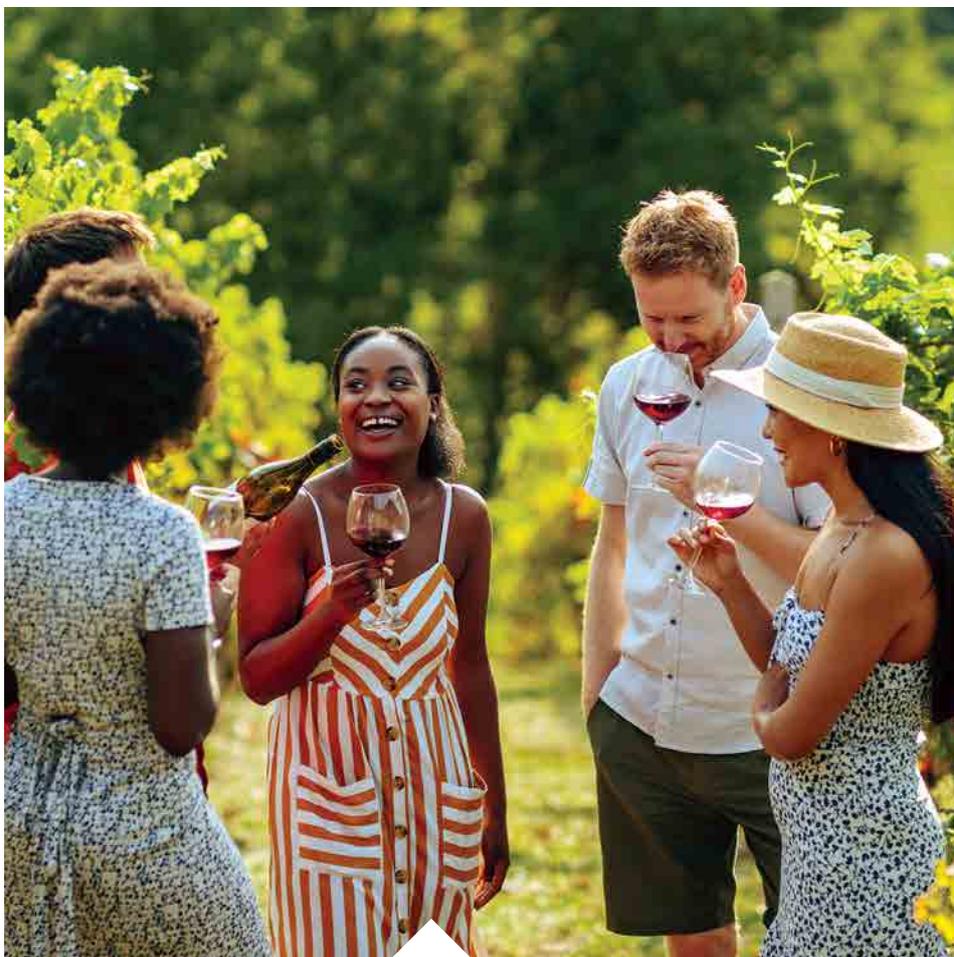
If you have battery troubles along the way, an auto technician can test, boost and, if necessary, replace your battery wherever you are, even on the side of the road, with **CAA Roadside Assistance**. CAA can also assist if you lock yourself out of your car, get a flat tire or run out of gas.

Knowing that CAA has you covered means you can explore with peace of mind. Plus, save on dining and restaurants when hunger strikes by showing your Membership card. caaniagara.ca/auto

Entertain outdoors



Host a pool party or backyard barbecue with all the trimmings. CAA has everything you need for your next outdoor event. Shop online at shopwithcaa.com, where Members save on an assortment of carefully curated products. You can order a cooler for cold drinks, inflatable toys and games, outdoor apparel and scented candles to ward off bugs.



LONG-WEEKEND GETAWAYS

Extend your weekend by booking a wine tour, attending an outdoor show or music festival or exploring a new city.

While you're away, your Membership is in the palm of your hand with the **CAA Mobile App™**, available on the App Store and on Google Play. You can find nearby deals, view your CAA Dollars® balance, locate CAA Stores and find CAA-Approved Auto Repair Services. You can also request roadside assistance and track the status of your call in real time. caaniagara.ca/app



Fun on two wheels

Weekend warriors heading out to cruise bike trails and paths need not worry about a flat tire. Even if you're simply enjoying a family bike ride around your own neighbourhood, don't let a broken chain dampen the fun. All Members have access to **CAA Bike Assist™**, which means that a technician can meet you where you are and fix your bike on the spot. Or they can transport your ride if they're unable to repair it. caaniagara.ca/bikeassist



TAKE A BITE OUT OF SUMMER

Freshly squeezed lemonade, ice cream and burgers hot off the grill are just a few quintessential summer treats. Whether you're grabbing a bite en route to your destination, looking for a refreshing snack to beat the heat or packing a picnic for friends, save money and earn CAA Dollars® with **CAA Rewards® partners**. CAA Dollars earned can be used not only to shop, but for travel, insurance, membership renewals and upgrades, too.

Get Member-exclusive discounts at more than 124,000 stores and service providers across Canada and the U.S., including restaurants, retailers, hotels and attractions. caaniagara.ca/rewards



Car care



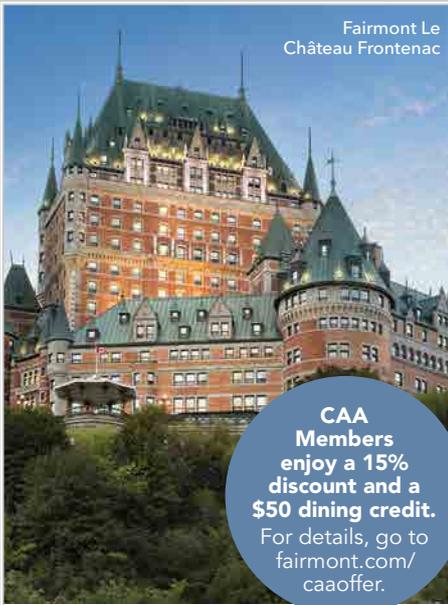
Make sure your vehicle is ready for your summer adventure. Have an auto technician perform a mechanical inspection and do a thorough clean to remove any salt build up after a winter of driving.

If you have a question about buying, selling or repairing a car, **CAA's Auto Advice** can help. Experts can walk you through most car-related issues, from where to find a trustworthy garage to what to do if your car is recalled. For free advice, send an email to autoadvice@caasco.ca or call 1-866-464-6448.



Making travel dreams a reality

*Many of us are looking forward to travelling again. If you're ready, CAA's travel experts are available to help you plan your next vacation. If you want to explore another part of Canada, the other side of the world or relax at an all-inclusive resort, they'll work hard to make your dream vacation a reality. Plus, Members save 10 percent on **CAA Travel Insurance**, which protects your trip from the unexpected, like a medical emergency or a lost bag. caaniagara.ca/travelinsurance*



Fairmont Le Château Frontenac

CAA Members enjoy a 15% discount and a \$50 dining credit.
For details, go to fairmont.com/caaoffer.

Road Trips Begin with *Fairmont*

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FAIRMONT THE QUEEN ELIZABETH

In the heart of Montreal, this property is brimming with history and style. Sip a signature cocktail at Nacarat, the glam rock-inspired bar, or indulge in a traditional afternoon tea service at Rosélys. This summer, take part in an exclusive presentation of Cirque Éloize's new show, *Celeste*, which boasts acrobatics, illusion and musical numbers in an astoundingly mythical show.

FAIRMONT LE MANOIR RICHELIEU

Set on the shores of the St. Lawrence River, this country escape is a playground designed for incomparable golf experiences and unique excursions. From whale-watching on the Saguenay Fjord to farm-to-table tours, it's a charming spot with many opportunities for exploration.

FAIRMONT TREMBLANT

Come for the adventure and stay for the luxurious amenities, including a five-star spa and savoury cuisine. After a day of hiking or mountain biking, relax in the outdoor pool before feasting on delicacies from



Choux Gras or retreat back to your room for in-room dining options.

FAIRMONT LE CHÂTEAU FRONTENAC

Indulge in cutting-edge cuisine at Champlain Restaurant, followed by a hand-crafted beverage at 1608 Bar while taking in the stunning views of the St. Lawrence River at this heritage property.

FAIRMONT LE CHÂTEAU MONTEBELLO

Overlooking the Ottawa River, this rustic-chic resort spanning 300 acres features such activities as golf and well-deserved spa treatments. You can also sip a cocktail in the spectacular lobby bar or enjoy a relaxed meal on the terrace.

Visit fairmont.com/caaoffer to book your two-night stay. Plus, you can earn Reward points and enjoy exclusive benefits when you join ALL - Accor Live Limitless. Visit all.com to learn more.

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1 (800) 461-0283 Best Western PLUS Mariposa Inn & Conference Centre		(705) 259-5001 Champlain Waterfront Hotel		www.sunshine-getaway.ca More Details Online

Garage Storage Made Simple

SMART TIPS AND SOLUTIONS TO TRANSFORM AN OFTEN OVERLOOKED AREA OF YOUR HOME

by MATTHEW GUY





GET MORE WITH CAA

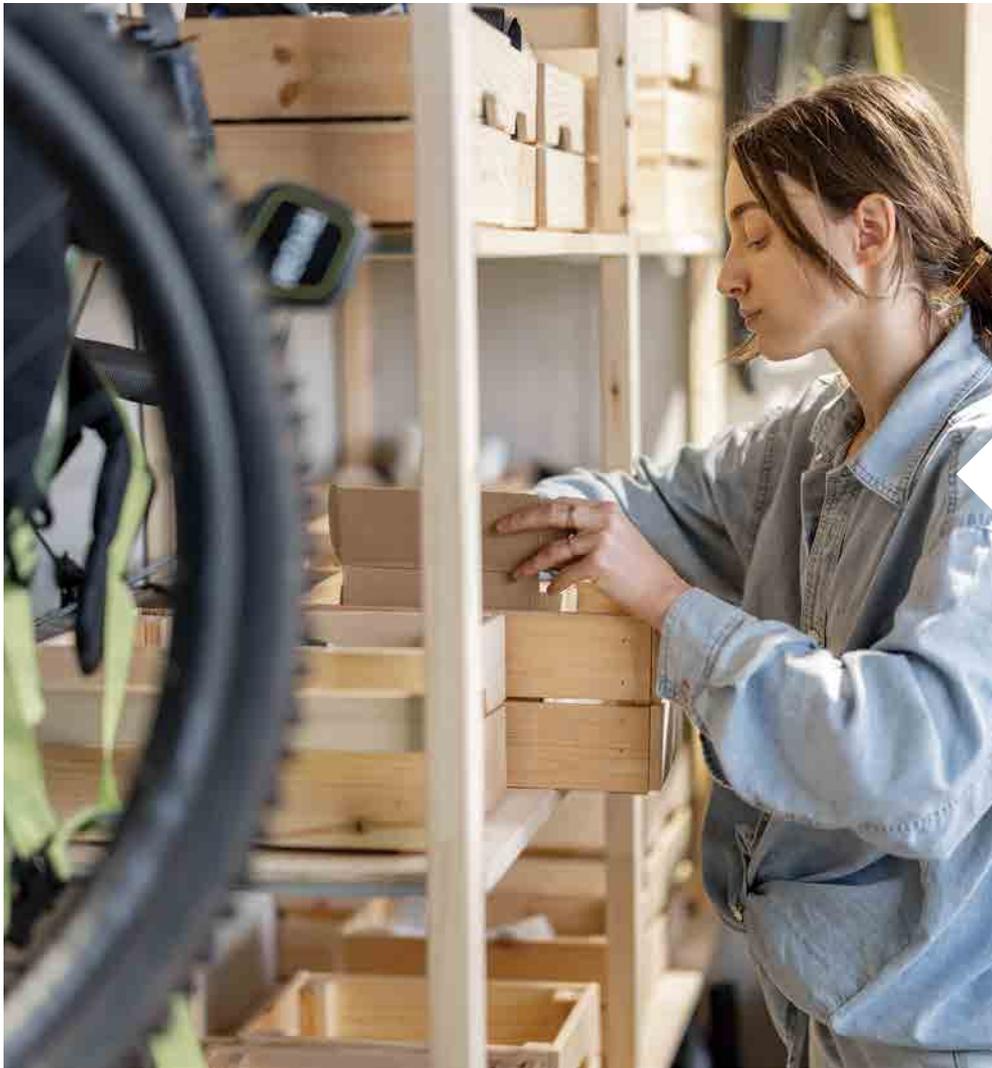
To get started, shop such CAA Rewards® partners as Rona and Walmart for storage solutions like bins, racks and more. Visit caaniagara.ca/rewards for a complete list of partners.

Go higher

Most residential garages have a ceiling height of about three metres, which means owners can take advantage of vertical space to free up floor area. Many retailers sell shelving units that can be hung from the ceiling or attached to a wall to accommodate boxes or stackable bins. Neatly sorted, open shelves can look just as nice as expensive cabinets, without the need for space-consuming doors. Make sure to securely mount any shelving to wall studs or ceiling joists.

Rack it up

Proper storage of seasonal tires can help free up floor space. Investing in vertical racks made for tires has another advantage: extending the life of these expensive and essential safety items. Proper storage of tires can prevent flats, sidewall damage and ▷



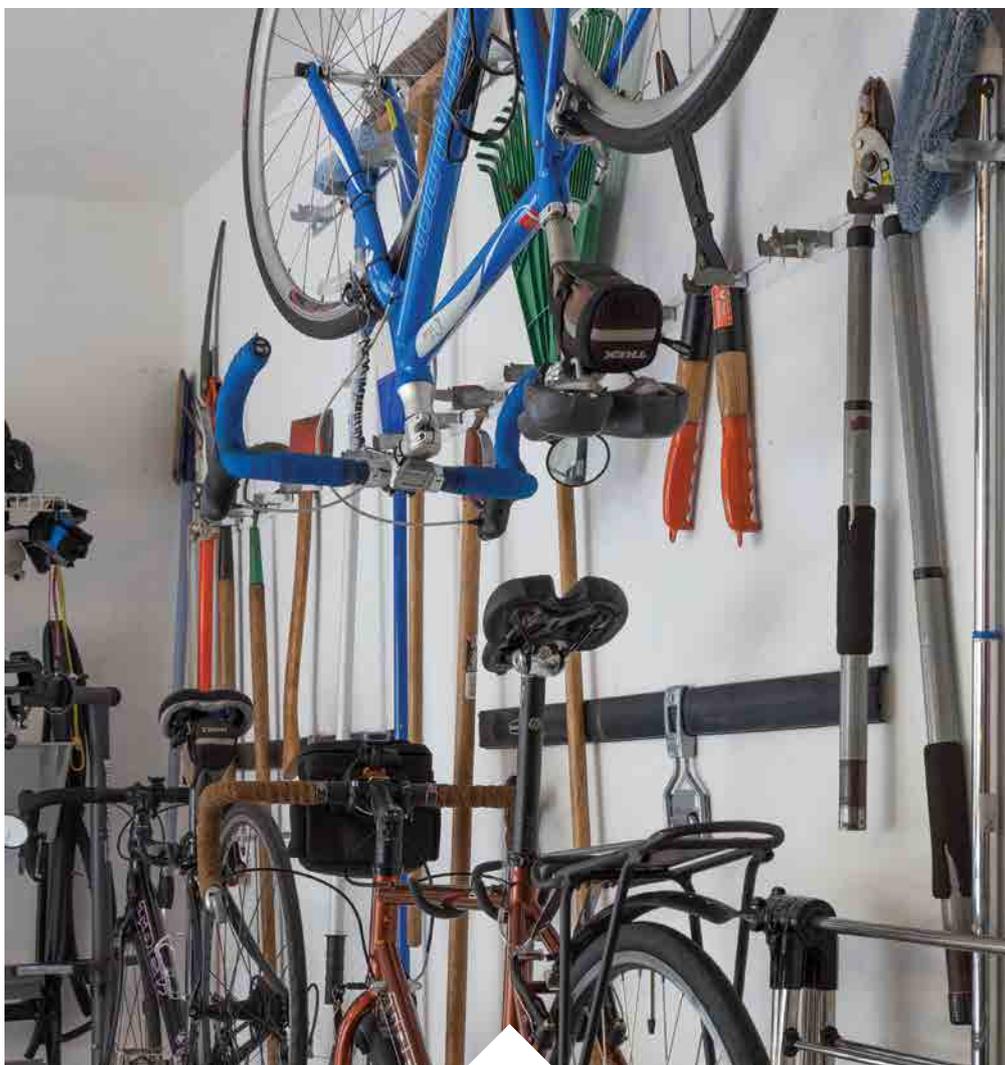
If you're a homeowner with a garage, it makes sense to treat the space as more than a dumping ground for sports equipment and seasonal items. Make the most out of this valuable square footage, whether it's attached to your home or a few steps from the front door.

PHOTOGRAPHY [GARAGE] CAIA IMAGE/ALAMY, [WOMAN] ROSS HELEN/ISTOCK ICON NOUN PROJECT



MAKE A PLAN

To save time and frustration, jot down your garage measurements and sketch out a plan of where items can be placed. Keep in mind what you need to access regularly and what is needed only seasonally. Use a pen and paper or any of the numerous free apps, such as Magicplan and Houzz, and websites, like RoomSketcher, designed for this task.



other inadvertent-but-harmful wear. (It can also assist the CAA technician when they arrive at your driveway to swap your vehicle's all-season tires or winter tires.)

Wall of wonder

Grooved wall panels, which have horizontal slots and are sometimes referred to as slat walls, can be used to hang shelves or hooks to organize such awkwardly sized items as shovels and rakes. Add rubber-coated hanging pegs to store tools, ladders and bicycles, too.

Park your items

Many homeowners use their garage to house the seasonal tag team of lawn care and snow removal tools. To make sure this gear doesn't block you from going in and out, try parking them along the edge of your garage, with their square or flat features toward the wall.

Look up

Racks on the ceiling are another way to manage space. But if you're planning to hang items from the ceiling, consider investing in a side- or wall-mounted

garage door opener. While clearance is still needed for the door and its track system, a side- or wall-mount opener will free up more overhead space for things like bikes and seasonal items in bins or boxes. **CAA**



REVIEW YOUR POLICY

If you're transforming your garage into another room, make sure your home is fully protected by reviewing your policy with a licensed CAA Insurance Agent. Visit caaniagara.ca/insurance for details.

A GARAGE IS NOT JUST A GARAGE

If you have no plans to park your vehicle in the space, consider converting this area into a functional room. Here are four things to consider.



Open-concept space

Make use of the open nature of a garage. It's an ideal spot for a home office, gym or theatre—features that could add valuable space to your residence.



Control the temp

Hire a contractor to properly insulate the walls and ceilings, as some garages may have been built to different standards or regulations than the rest of your home. This will help keep the space at your preferred temperature.



Safety first

A contractor can arrange for the proper building permits and ensure that safety requirements are met. When in doubt, ask for help.



New lights and floors

Consider upgrading your flooring and don't forget to update the lighting.

JOURNEYS

BY CAA NIAGARA



HIDDEN GEMS: NORTH BAY, ALGONQUIN PARK & COBALT

July 10 to 13, 2022

Adventure

Enjoy a trip to Northern Ontario that includes a luncheon cruise on Lake Nipissing, a guided tour of the Canadian Aerospace Museum and an opportunity to learn more about NORAD. Additional highlights include stops at Algonquin Park and the Cobalt Mining Museum.



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.



ALASKA & YUKON CRUISE TOUR

August 9 to 20, 2022

Adventure

Journey through the fabled Inside Passage and experience the rugged frontier beauty of Alaska. Ride through Denali National Park on the McKinley Explorer. While on land, cruise the Yukon River, enjoy Fairbanks, Dawson City and Whitehorse. Sail on HAL's Koningsdam ship for four nights.



NEW YORK, NEW YORK!

August 12 to 15, 2022 & November 20 to 23, 2022

Family

Enjoy an unforgettable experience in a city that never sleeps! Explore its wonders at your own pace. On a guided tour, see Central Park, Chinatown, Wall Street, Soho, Ground Zero and much more. Whether it is summertime or holiday time, anytime is great to visit the Big Apple!



THE OKANAGAN GRAPE GETAWAY

September 10 to 16, 2022

SOLO EXCLUSIVE

Relaxation

Sip and savour your way through the Okanagan Valley. Start lakeside in Osoyoos to begin and discover the history and culture of the local First Nations. Head north to Penticton visiting a local brewery and winery. Take your taste buds for a walk on a guided foodie tour and learn the history of Kelowna.



ROCKY MOUNTAINEER FALL TRAIN TOUR

September 11 to 18, 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 most scenic drives in the world!



WONDERS OF EGYPT & JORDAN EXPERIENCE

October 4 to 21, 2022

SOLO FRIENDLY

Adventure

Step back in time, gazing up at the illustrious pyramids and journeying along the legendary Nile towards royal tombs and ancient temples. Explore the rich culture, natural wonders and ancient sites of Jordan with a visit to the Dead Sea. Travel by jeep safari in Wadi Rum. Visit one of the NEW Seven Wonders of the World – Petra!



Six Simple Ways to Save on Your Auto Insurance

Looking for ways to stretch your hard-earned dollars? Review your auto insurance policy for opportunities to reduce your rate.

If you're like most people, you likely did a lot of research and made a few phone calls to secure the best policy with your current provider, so you don't feel it's necessary to go through the process again each year. Now when your auto insurance renewal papers arrive, you'll check that your rates haven't gone up. If they haven't, you'll pull out the pink slip to replace the expired one in your car, file the rest of the papers away and not think about them again until next year.

"A lot of people tend to think about their auto or home insurance at renewal time," says Elliott Silverstein, director of government relations at CAA Insurance. "And then it's usually a mad dash to review before their policy automatically renews, which means they don't make changes that could be beneficial as their lives change year over year."

Auto insurance is one area where you can save your hard-earned dollars, especially since many of us are driving less. Here are six things you can do to help reduce your auto insurance rate.

①

Review your current policy

The pandemic has brought on many lifestyle changes, which means drivers have very different needs than they did a few years ago. Speak with your insurance agent or broker to go over your current insurance policy and see if there are any opportunities for additional savings. A thorough evaluation helps build a plan tailored to the needs of your household. CAA Insurance¹ offers complimentary policy reviews, whether you're currently insured with CAA or another provider.

"It's taking that first step towards ensuring your policy is optimized for everything from your vehicle type and how much you drive to any benefits you may be eligible for," Silverstein says.

②

Current driving habits

If you're no longer driving to work daily, you may be able to lower your premium by changing your use from commuting to pleasure.

③

Pay-as-you-go insurance

CAA MyPace™ is an auto insurance payment program designed specifically for people who drive less than 12,000 km annually. You pay a base rate to ensure your car is protected while parked, plus your first 1,000 km. Further coverage is then purchased in 1,000 km increments. On average, this insurance program saves policyholders 50 percent compared with traditional auto insurance.

"Always ask questions and understand where you might find savings," Silverstein says, "because at minimum, you'll never pay more than a traditional CAA Insurance policy if you take advantage of a pay-as-you-go payment program. It's a low-risk change that can end up with great returns."

④

Bundle your insurance

Most insurers offer savings when you have multiple policies with them. CAA Insurance offers savings up to 22.5 percent when bundling CAA Auto and Home Insurance. You may also receive a multi-vehicle discount if you are insuring more than one car.

⑤

Use your club connections

Belonging to a club, union, alumni group or being a CAA Member can offer you some savings, too.

While you don't have to be a CAA Member to get CAA Auto Insurance, Members can save up to 20 percent² on their auto insurance. It pays to leverage your affiliations as much as possible.

⑥

Look for additional savings

There are many ways to save and a licensed CAA Insurance Agent can help. There may be special discounts if you're retired or for putting snow tires on your vehicle. You may also be rewarded with a lower rate if you have a good driving record.

You don't have to wait until your current auto insurance policy is up for renewal to cancel. You may even find that cancelling your policy and switching to CAA Insurance will cost you less. Why wait for your renewal to review your policy? CAA Insurance honours quotes for 60 days.



If you're driving less, you should be paying less. Learn more about Canada's only pay-as-you-go auto insurance program for low-mileage drivers by visiting [CAAMyPace.com](https://www.caamypace.com).

PRESENTED BY



¹Auto and Property Insurance are underwritten by CAA Insurance Company.

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).

³CAA trademarks are owned by, and use is authorized by, the Canadian Automobile Association. Certain conditions, limitations and underwriting guidelines apply.



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.

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 ambulance services, prescription assistance, hearing aid/eye care replacement, emergency dental care and more.

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Should an unforeseen event cause you to cancel or interrupt your Canadian travel plans, CAA Trip Cancellation & Interruption Insurance offers financial protection that may cover your travel investment.

If you're vacationing out-of-province, 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

GO EXPLORING

Looking to get the most out of your summer vacation? Get Member-exclusive savings on all the outdoor essentials you need, from picnic supplies to hiking gear, from CAA Rewards® partners. See page 46.



PHOTOGRAPHY DESTINATION ONTARIO

in this issue

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- 45** CLUB NEWS
- 46** UNLOCK SUMMER SAVINGS



FUEL UP AT SHELL AND SAVE

CAA Members enjoy discounts at the pump at Shell stations

FROM BATTERY and mobile tire service to towing, emergency fuel delivery and lockout assistance, CAA Members have access to a wide range of automotive perks. And now, Members can also enjoy savings on fuel.

Visit a participating Shell station with your CAA Niagara Membership on your next fill-up. Swipe your CAA Membership card at the pump or scan

your card in-store and you'll instantly save three cents on every litre.

Fuel up faster

In a rush? Download the Shell app and use **Shell EasyPay™** to purchase fuel instantly through your smartphone. You can also locate nearby Shell stations and purchase car washes. Available on the Google Play and App Store for Android and Apple devices.

PHOTOGRAPHY RICHLEGG/GETTY

UPCOMING DAY TOURS

Join us for an unforgettable day!



Canada's Wonderland

June 10

Ontario's Best Butter Tart Festival

June 11

A Beautiful Noise: The Neil Diamond Story

June 15

Grand River Cruise

June 22

Chicago @ Stratford Festival

June 28 & September 28

Toronto FC Soccer

July 9

A Morning at Toronto Islands

July 12

2 PIANOS, 4 HANDS

July 13

Summer Gardens Tour

July 14

Harry Potter & the Cursed Child

July 24 & August 21

& Juliet

August 3

St Jacobs Market & Village

August 4 & October 1

Toronto Blue Jays Game

June 19, July 1 & August 28

Stratford Festival Overnight

October 27 to 28

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

JOURNEYS
BY CAA NIAGARA

CONNECT WITH US

News from CAA Niagara, from a fun family event to a Branch relocation



HANDS-ON FUN FOR THE FAMILY

Join us this summer for our Touch-a-Truck event

The first-ever Touch-a-Truck is a hands-on, Member-exclusive event that allows kids to touch, explore and get up close and personal with a variety of different emergency vehicles and tow trucks. This full-day event will also feature a variety of family-friendly games and activities, food trucks and more!

For more details, visit caaniagara.ca/events.

WHEN

June 11, 2022,
11 a.m. to 4 p.m.

WHERE

Seaway Mall, 800 Niagara St.,
Welland, Ont.

ADMISSION

In lieu of cash admission, we will be accepting non-perishable food donations on behalf of Food4Kids Niagara. For a list of recommended donations, visit food4kidsniagara.ca.



This is a rendering of the new CAA Niagara Branch, set to open in the fall of 2022.

We're Moving to the Pen Centre!

BOOSTING OUR PRESENCE in the city of St. Catharines, we are moving into the Pen Centre near Landmark Cinemas.

Our current St. Catharines Branch, which has been located at Lake Street and Welland Avenue since the 1960s, is set to close this fall and reopen inside the mall.

This will be the second CAA Niagara retail location with extended hours, which allows us to be more accessible to Members and gain exposure to millions of shoppers at the Pen Centre each year. The new Branch will be in proximity to a growing number of CAA Rewards® partners, too, including The Source, Bluenotes, RW&Co. and New York Fries.

As part of the relocation plan, Member-facing services at our Thorold location will now be available at the Pen Centre, with Thorold transitioning into an office environment for administrative staff only.



Keeping Communities Safe

Pick up a free road safety sign to encourage motorists to slow down

To inspire safer driving habits on residential streets, CAA Niagara and its local municipal partners are offering "Slow Down Please" lawn signs to Niagara residents. When placed in an area visible to traffic—such as your front lawn—these signs serve as a safety reminder for drivers.

Signs are offered free of charge, on a first-come, first-served basis.

Get your sign today

For more information on where to pick up your "Slow Down Please" lawn sign and tips for installation, visit caaniagara.ca/slowdownsigns.



Give More, Get More

Members can earn more at their favourite retailers and grocers, including Sobeys, Antipastos and Source for Sports.

Every gift card purchased at a CAA Niagara Branch earns you **5 percent back in CAA Dollars®**. Gift cards are available in \$25 increments. CAA Dollars can be used toward most CAA products, including Membership renewal, travel accessories and more.

Unlock Sizzling Summer Savings

Get great deals on the outdoor summer essentials you need. From hiking gear to picnic provisions and backyard necessities, plan your weekend on a budget with Member-exclusive savings from CAA Rewards® partners.



Fun in the Sun

(OR SHADE!)

What's summer without the beach? Head to Port Dalhousie or Fort Erie for a relaxing day of sunbathing and savouring ice-cold drinks on a quaint beach patio. Before you go, grab a beach read at **Book Outlet** in St. Catharines. CAA Members **save 10%** on all purchases in-store.

Prefer the shade? Enjoy a romantic picnic in the park with **Picnix Niagara**.

These portable picnic carts are packed with a five-course farm-to-table meal and everything you need for a fun day outside. With a variety of options to suit your taste and preferences, each package includes a water-resistant blanket, pillows, side plates and cutlery. Some packages also include outdoor games like bocce ball. CAA Members **save 10%** on picnic packages from Picnix Niagara.



Sip and Swirl

Located in the heart of Ontario's premiere viticulture district, **Lakeview Wine Co.** and **Queenston Mile Vineyard** offer multiple award-winning wines at their tasting rooms.

CAA Members receive a **complimentary food item** when they purchase two seated tastings.

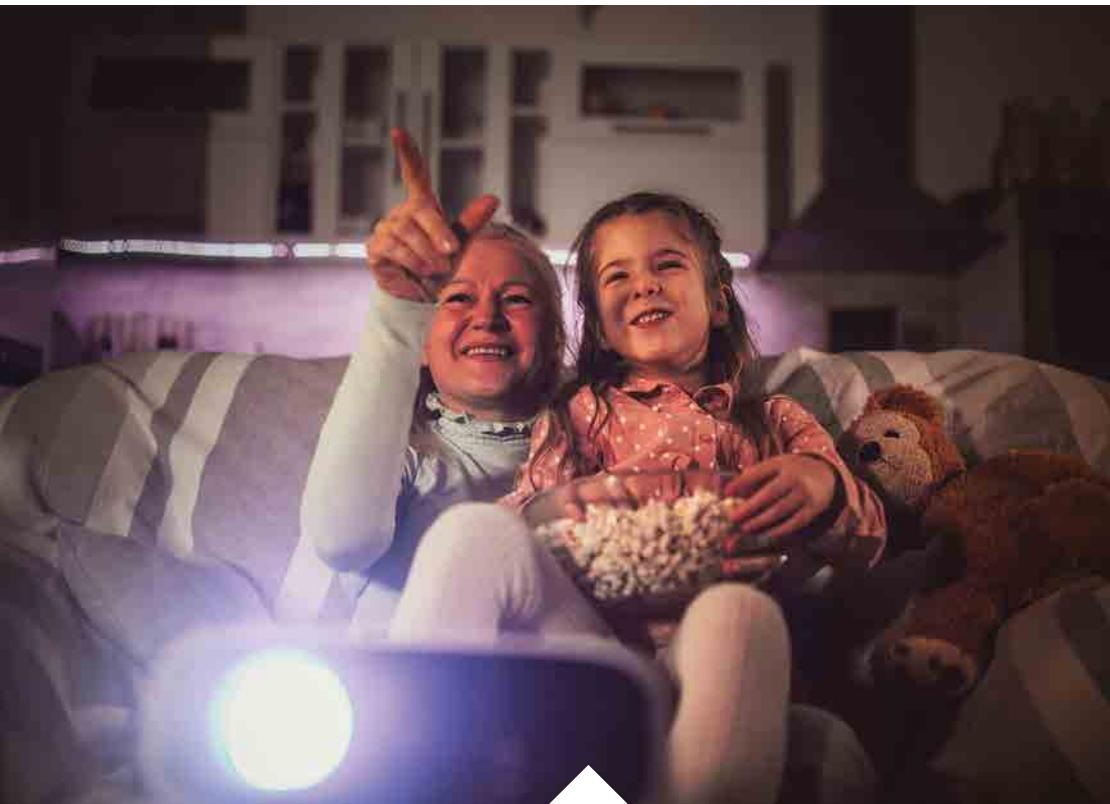
Or head over to **Rosewood Estates Winery** in the Niagara Benchlands, which is the largest wine-producing region in Niagara, with more than 50 vineyards. Relax on the patio and enjoy honest, low-intervention wine, mead and local honey. CAA Members can indulge responsibly in a **free sampling** of three wines.

Looking to stay at home? Host your own backyard wine tasting. Members receive a **\$25 gift card** for their next purchase when they sign up for **13th Street Winery's Wine Club**. Make a splash by including cheese pairings with **CHZ PLZ**. CAA Members **save 15%** with each online order.



Gear Up

When it's time to get moving, **Buckner's Source for Sports** has all the gear you need to ensure comfort, safety and performance, no matter the exercise or obstacle. Whether you're hitting a home run, hiking the trails or heading to the gym, make sure you have the right equipment to bring your A-game. Members **save 10%** on sporting goods when shopping in-store.



See the Stars

Take your blockbuster movie binge to the backyard and create a DIY cinema under the stars. Find all the supplies you'll need, including a home movie projector, screen and Bluetooth speaker, at **The Source**, where Members **save up to 20%** in-store and online.

Start shopping

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



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Offers subject to change. Terms and conditions may apply.



MAPPED FOR SUCCESS

A Member of over 30 years knows that she can always rely on CAA for help, no matter when or where

by DESIREE SWANCE illustration by GIORDANO POLONI

As a lifelong classic car enthusiast, Linda Coombes was thrilled when she and her husband, Ken, were chosen to host a Niagara Vintage Tour for the Horseless Carriage Club of America (HCCA).

HCCA participants travel from all across North America to enter their pre-1915 vehicles into these vintage tours. But, as many attendees are unfamiliar with the local area, Coombes wanted to provide each one with a printed map of the Niagara Region. Fortunately, she remembered that CAA offers a variety of printed materials to its Members.

As a CAA Member of more than 30 years, Coombes has often taken advantage of her Membership—including when she and her husband have been out driving their 1915 Buick and called CAA Roadside Assistance for a gas fill-up or to fix a flat tire. And

she always appreciated their excellent customer service.

So Coombes stopped by her local Branch in Grimsby, Ont., where she spoke with Member service representative Alison Clayson about her map initiative.

“I went into the Branch initially to transfer my Membership over to the Niagara club as I had moved from Dundas to Smithville,” Coombes recalls. “But while I was there, I asked about distributing 60 Ontario maps at the HCCA tour. Alison was more than willing to help me. By the time I made the short drive home, she had called to let me know they’d be able to give them to me at no cost.”

In speaking with Clayson, Coombes also learned that the club was collecting winter clothing for charity during the holiday season. When she returned to the Branch the next day to pick up

the maps, she brought a few things to donate—a coat, hats, socks and gloves. “I was delighted to donate to their cause,” Coombes says.

She was thankful that Clayson was able to help with her request. She knew the maps would come in handy for the touring motorists, who would undoubtedly be looking for roads that allow for more relaxed driving.

“I grew up with a passion for cars. For me, driving is such a wonderful experience,” she says. “I’m glad CAA is there to keep Members moving and safe on the road. Many HCCA drivers are CAA Members, too, so I know they’ll feel secure knowing help is there if they need it during the tour.” ■

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

MEMBER LINDA F. COOMBES | FROM SMITHVILLE, ONT. | MEMBER SINCE 1988

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