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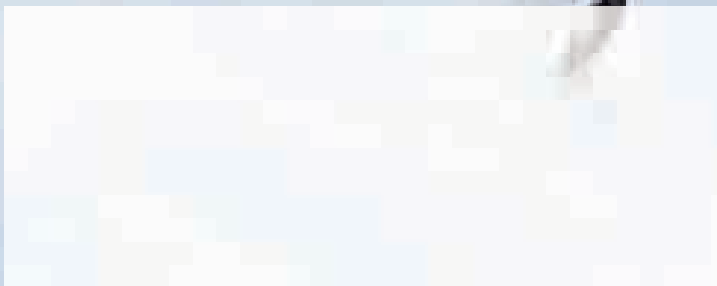
What the Pandemic
Has Taught Us

CAA MAGAZINE

Get Outside!

TIPS FOR BUYING A SNOW BLOWER
WHERE TO HAVE A WINTER CAMPING ADVENTURE
KEEP CYCLING THROUGH THE SNOWY SEASON
MAKE SURE YOUR CAR IS WINTER-READY
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WINTER 2021





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How a CAA Travel Consultant got two CAA Members home from a cruise at the beginning of Covid-19



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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 all travel stories in this issue as inspiration, to help you dream now for when we can all travel again later.





A REMINDER TO DRIVE RESPONSIBLY THIS HOLIDAY

THE HOLIDAYS are quickly approaching, and this year, we may find ourselves with more gatherings on our social calendars than we've had in some time. We know that parties and get-togethers can often involve a few festive cocktails or a cannabis-infused treat. CAA Niagara wants to remind everyone to exercise caution when out on the road this holiday season and to avoid driving while impaired.

According to a 2018 poll conducted by CAA National, 92 percent of Canadians stated they wouldn't drive themselves home after a night of drinking. For many, the term "drunk driving" is synonymous with getting behind

the wheel after a night of heavy drinking. But in reality, driving with a blood alcohol concentration (BAC) of just 0.08 or over is a criminal offence. In fact, Ontarians can face serious consequences if their BAC is over 0.05. For some people, that could be the equivalent of just two or three drinks.

You may think it's safe to drive after catching a few hours of sleep following a night of drinking. However, sleep has been proven to have little impact on reducing a person's BAC, and upon waking up in the morning, you could still be over the legal limit.

While awareness of the dangers of driving under the influence of alcohol is relatively high, the same is not true with cannabis. In the same 2018 poll, only 77 percent of Canadians said they would plan alternative travel arrangements after using cannabis, suggesting that nearly a quarter of Canadians would take the risk of driving while under the influence. Like alcohol, cannabis affects several cognitive functions that are critical to safe driving, including reaction time, depth perception and alertness. However, cannabis—particularly in edible form—can take much longer to take effect, making you think you're able to drive safely when you're actually not.

If you choose to consume alcohol or cannabis this holiday season, be sure to plan ahead. Public transit, a taxi, ride share services and carpooling with a designated driver are all safe options. As we've learned over the past 18 months, our health and safety and that of our loved ones is the greatest gift of all. Driving under the influence simply isn't worth the risk.

Peter Van Hezewyk
President and CEO,
CAA Niagara

ANNUAL GENERAL MEETING

In accordance with its constitution and bylaws, the annual general meeting of CAA Niagara will be held at 5 p.m. on Friday, November 26, 2021, at Inn on the Twenty to complete the following:

Read and approve the minutes of the annual meeting of members in November 2021

Appoint auditors and authorize directors to fix their remuneration

Elect directors

Receive, consider and approve the financial statements for the fiscal year ending September 30, 2021, together with the auditor's report herein and all the transactions reflected hereby

Review and approve proposed changes to CAA Niagara bylaws, if required

Conduct such other transactions as may properly be brought before the meeting

PHOTOGRAPHY (VAN HEZEWYK) DENIS CAHIL

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HAVE YOUR SAY

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



I REALLY ENJOYED YOUR FALL 2021

issue. I especially enjoyed “Driving Forces,” “Channelling Inner Calmness,” “Preservation Society” and “Living Green.”

Also, the article “Ask a Travel Consultant” mentioned that there’s been an increased interest in small group travel and explored the reasons why. I’ve been interested in that for quite a while, and your article just confirmed why.

And I’m not certain if I’ve ever noticed your “Member Story” section before. It’s a great idea!

And your “Fall Auto Insurance Review” reminded me that I need to let my car insurance company know that I’m returning to the office in person two days a week.

Keep up the great work!

—Monique Cote

AS PARENTS OF FIVE CURIOUS AND

adventure-seeking Canadian kids ages 10 to 15 years old, we wanted to share with you how your magazine is both relevant and meaningful for our family. When we check the mailbox, there is a rush of excitement when *CAA Magazine* arrives. It passes through many hands in the weeks to follow. Thank you for creating a magazine that is family friendly, fun and practical for all ages! Keep it coming!

—Ruth Ellen and Jay Sonneveld

I’VE ALWAYS REMEMBERED MY SON

telling me that CAA saved the day for him a long time ago. He was dating the woman who is now his wife when her father let them use his car to go on a date. But the car ran into trouble. We had given him a CAA Membership just before this, so he pulled out his card and called for service, and as always, they came to the rescue.

When they called her dad to say that they would be late, he was not too impressed with my son. But when her dad heard that he had a CAA Membership, he was impressed and said my son wasn’t such a bad guy after all. It’s a good thing, as that guy has been his father-in-law for over 25 years now.

You can be sure his daughter also has a CAA Membership. They will make great gifts for the grandkids when they’re old enough to drive, too.

—Kathryn Foot



THE LATEST ISSUE OF CAA MAGAZINE

was awesome! I was in need of information on renewing auto insurance and repairing my car, and the magazine had helpful information on both. It would be nice if this information was available every year to inform and remind readers how to get better deals and coverage for their auto insurance, as well as care for our cars properly.

Another great article was about travelling for people with mobility

issues. My mom loves to travel but is worried about how she will visit all the places she wants to. I also have some mobility issues, and it’s been frustrating to see places that are not accessible or meet people who are not well informed about people with disabilities. I was so thankful that this helpful article brought awareness of people with mobility issues—we love travelling, too! The information in the article is going to give my family more confidence and joy during our future travels.

—Theresa Kim

I WANT TO THANK CAA FOR THE

CAA MyPace™ car insurance I have. I can’t believe I’m actually saving a lot. The secret is not to drive too much, and I hardly drive my car. I also have CAA Roadside Assistance.

—S. Kaicker

CORRECTION

The fall 2021 issue contains an error in the story “Trail Blazing” (page 13), which refers to a photo of the privately owned Agawa Canyon Park illustrating a write-up of Lake Superior Park.

You promote destination activities but apparently don’t know where they are located and don’t have a proofreader who knows the province.

—Jack Mihell

While Lake Superior Provincial Park was highlighted in this story, the Agawa Valley is also mentioned as it is accessible through the park. We should have highlighted the Agawa Valley instead of Lake Superior Provincial Park. We apologize for the confusion.

*Letters have been edited for length and clarity.

compass

Travel / Auto / People / Leisure

FESTIVE FEAST

Easy tips for making your holiday gatherings memorable—and stress-free. From decorating your table to making the big meal, we've got you covered with ideas from CAA Rewards partners. See page 7.

TRAVEL TIPS

ASK A TRAVEL CONSULTANT

Arthur Auyeung, a CAA Travel Consultant with 10 years of experience, talks about the Travel Smart certification and how it can help Members stay safe –*Vawn Himmelsbach*



What is the Travel Smart certification held by CAA Travel Consultants?

The global spread of Covid-19 presented many challenges for those abroad or with upcoming travel plans. The Travel Smart program is a CAA national program that provides CAA Travel Consultants with ongoing information and advice for our Members who are about to travel for work or pleasure.

How do CAA Travel Consultants become Travel Smart certified?

To become fully certified, a CAA Travel Consultant will need to complete a three-level program that covers several topics, such as key considerations of different travel products and safety protocols of our travel partners, as well as view a presentation from Global Affairs Canada.

Why is it important that CAA Travel Consultants hold this certification?

We play a vital role in supporting our Members through their travel journey and ensuring they are well informed and safe. Travel is something many of us are looking forward to, and we want to be the ones to help create these experiences for our Members, but with their safety in mind.

What are the benefits of this certification?

The certification helps our consultants navigate the intricacies of post-pandemic travel. It provides a foundation of knowledge to our consultants, but more importantly, they'll be provided with regular updates on any new developments, which are passed on to our Members.

Why should CAA Members always book with someone who holds this certification?

The travel industry is constantly changing based on the needs of travellers, and the Covid-19 pandemic has magnified this. Whether it's shifting government requirements, public health guidelines or travel supplier protocols, a certified consultant will be better equipped to guide a traveller through the booking process.

What are some examples of how the Travel Smart certification has helped Members?

The Travel Smart program has proven to be invaluable to our consultants in serving our Members. Imagine being excited about finally going on your vacation and being denied boarding at the airport because you were not aware you needed a Covid-19 test.

Recently, a Member wanted to make certain travel arrangements, and their CAA Travel Consultant was able to guide their decision and suggest other options with a better safety plan in place. In another case, a Member needed to make a time-sensitive emergency trip to another country. Their CAA Travel Consultant was able to apply for a compassionate exemption so that Member could get to their loved ones as soon as possible.

“We play a vital role in supporting our Members through their travel journey and ensuring they are well informed and safe”

ASK AN EXPERT

SHOP TALK



CAA auto expert Ryan Peterson answers your questions

I have a 2012 Dodge Caliber that blows hot air when I turn on the air conditioner. I have taken it to two repair shops, one of which was a dealer.

After spending about \$900 in labour, no one has been able to diagnose the problem. They want more time and can't provide assurance that they can fix the problem, but I have to pay them for their labour.

—Mahendra Joshi

A: Typically, air conditioners fail due to a physical leak. To locate the leak, the inspecting technician performs a pressure test. On rare occasions, there can be more than one leak, and often, this secondary leak is not evident until the larger leak is repaired and system pressure increases. In these circumstances, further diagnostic time is required.

I was previously able to program a Stanley garage door opener in my 2008 Honda Accord. Now I have a Chamberlain garage opener, and I can't program it with my car. How can I fix this?

—Suresh Itwar

A: Some garage door openers have what is referred to as a rolling code, which means the code that authorizes the door activation changes after each use. Many cars are not equipped with the technology to adapt to rolling codes, in which case you'll have to use a handheld remote instead.

SEND YOUR CAR QUESTIONS TO caamagazine@contentlabs.ca



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SAVE WITH CAA

Whether it's shopping for new serveware or ingredients for a family-favourite recipe, CAA Members can save money and earn CAA Dollars*. Visit caaniagara.ca/rewards to learn more.

HOME

Holidays at Home

Four simple ways to make the festive season at home feel special, whether you're celebrating with your own household or hosting a few guests —Andrea Yu



Upgrade your bakeware and serveware

Put your chipped plates and scratched casserole dishes away and bring in new bakeware for the season. Even just one or two modern serving items or a new set of glassware can help elevate the look and feel of your meal. CAA Members can save five percent online and in-store when shopping for kitchenware at **Stokes**.



Don't forget about tabletop decor

Setting the table doesn't stop at plates, glasses and cutlery. Adding some decorative elements puts an extra-special touch on a gathering. Try using flowers and foliage as a centrepiece, which is also an earth-friendly way to decorate. Or light a few candles for ambience—just be sure to use an unscented variety so it doesn't overpower your meal.



Plan your meal and test new recipes

Even the most experienced home cooks should map out their meals to ensure a good variety of dishes. Be sure to give yourself time to test out new recipes in advance. If you'd like a high-tech helper, try an app like **Pepperplate**, which helps you create menus and shopping lists all in one place.



Order your groceries online

Save time with services like **INABUGGY**—where CAA Members save \$10 on the delivery fee—that allow you to shop from multiple stores with delivery in as little as an hour. CAA Members can also save 10 percent online at **PenguinPickUp Market** when ordering groceries for next-day pickup.

TRAVEL

TAKE YOUR DREAM TRIP WITH
EXTRAORDINARY EXPLORATIONS®

Everything you need to know about booking the holiday of a lifetime with CAA Travel
–Vawn Himmelsbach and Linda Luong Luck



IMAGINE RIDING A CAMEL over sweeping sand dunes to a luxury camp in the Moroccan desert or, on the other side of the world, polar bear watching in Churchill, Manitoba. You can experience all this and more with CAA's Extraordinary Explorations, exclusively from CAA Travel.

HANDS-ON EXCURSIONS

Let CAA take care of the planning with carefully curated trips to top destinations in Canada and around the world. Since 1995, the CAA Group Travel team has been developing tour experiences that are immersive and one-of-a-kind. "No two tours are the same," says Karen Wiggett, manager of Extraordinary Explorations. That's because each tour's excursions and experiences are unique to that departure date and may not be available again. As well, multiple tours to the same location are not generally offered.

PERSONAL TOUCHES

Part of what makes Extraordinary Explorations unique is that the CAA Group Travel team works with local

suppliers. This means that your tour guide has first-hand knowledge and experience of the local culture.

On select trips, you'll also have a CAA host who handles all the details, allowing you to take in the sights and the culture.

Each itinerary is all-inclusive, with CAA taking care of everything from flights and hotel bookings to transfers at your destination and dinner reservations. All programs include return economy airfare from Toronto or Winnipeg, and as a CAA Member, you'll also earn CAA Dollars®.

OPTIONS FOR EVERYONE

Extraordinary Explorations offers four trip categories, including the Solo Collection, which is for individuals who enjoy group vacations with like-minded people. This category is a Member favourite, Wiggett says, with many repeat clients who enjoy the camaraderie and company of others.

While tours to international destinations are available, Wiggett says that Canadian itineraries are currently popular with Members who still wish to travel but would

feel safer staying within the country. Among the highlights are the Beluga Summer Safari, where Members will feel the spray of the water from Hudson Bay while searching for beluga whales, or seeing the northern lights in person on a trip to the Northwest Territories and Yukon.

FLEXIBLE REFUND POLICY

As we've all learned over the past year, travel restrictions are evolving, so CAA has a new cancellation policy for all 2022 Extraordinary Explorations trips. Deposits can be refunded up until time of final payment or Members can move their deposits to another existing 2022/2023 tour. And if a tour is cancelled by Extraordinary Explorations, your money will be fully refunded.



PLAN YOUR DREAM TRIP

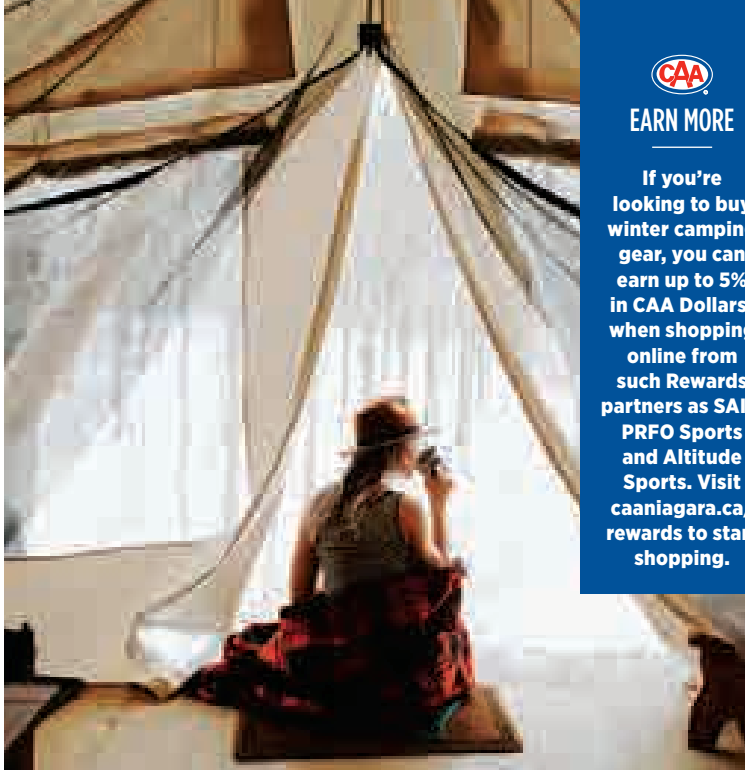
Speak with an experienced CAA Travel Consultant by calling 1-800-263-7272 or visiting caaniagara.ca/travel. And be sure to protect your trip with travel insurance coverage. Learn more at caaniagara.ca/travelinsurance.



An exclusive Western experience for Members

In 2022, head to Western Canada with Journeys by CAA Niagara and travel on board the Rocky Mountaineer. Passengers will venture by rail through Alberta and British Columbia in sightseeing cars that have been specially designed to maximize the spectacular views.

Running from July 30 to August 7, 2022, this tour includes a pre-rail-journey in Banff, two days onboard the Rocky Mountaineer and time in Calgary, Kamloops, Jasper and Vancouver. For more information, visit caaniagara.ca/journeys.



EARN MORE

If you're looking to buy winter camping gear, you can earn up to 5% in CAA Dollars® when shopping online from such Rewards partners as SAIL, PRFO Sports and Altitude Sports. Visit caaniagara.ca/rewards to start shopping.

OUTDOORS

3 Unforgettable Winter Camping Experiences

A trip for every adventurer –*Stephanie Gray*

WINTER CAMPING can be intimidating for even the most seasoned summer camper, but with the proper gear, a toasty fire and a steaming mug of cocoa, below-freezing temps need not be a deterrent. No matter your comfort level with cold-weather camping, there's an exhilarating experience waiting for you.

STARGAZE IN LUXURY

Fall asleep under the stars at Glen Oro Farm's Eco-Retreat in **Oro-Medonte** (above). Nestled between towering maples and pines, stargaze from your king-size bed in your loft-style dome with a skylight for unobstructed views of the night sky. Each dome also has a wood-burning stove, an ensuite bathroom and a kitchenette. If you don't feel like cooking, enlist the services of chef Paul, who can prepare your meal over an open fire. glenoro.com

GO OFF THE BEATEN PATH

Curious about winter camping but have no gear and no experience? Then Voyageur Quest's three-day **Algonquin Park** expedition is for you. Led by seasoned guides, you'll learn backcountry travel skills—like how to properly haul a toboggan—and snowshoe through fresh powder and ski over frozen lakes. The first night's respite is in a log cabin, followed by a night in a heated tent—which you'll set up yourself. voyageurquest.com

COZY UP IN A YURT

Six provincial parks across Ontario offer furnished, winterized yurts—a cross between a tent and a cabin—including **Killarney Provincial Park**. Upon arrival, you'll be given a toboggan to carry your gear the 500 metres from the front gate to your site. Each of the six available yurts is outfitted with electrical heat, lighting, a barbecue and a covered outdoor dining area. Make sure to bring your own bedding and cookware. ontarioparks.com/park/killarney

PRESENTED BY



CONFIDENT CAR BUYING AT YOUR FINGERTIPS

In the market for a new vehicle? OMVIC can help you learn your rights as a car buyer

PURCHASING A VEHICLE, whether new or used, should be an exciting time. But the buying process can be stressful and sometimes consumers may encounter issues related to a vehicle purchase. Fortunately, OMVIC (Ontario Motor Vehicle Industry Council) is here to help.

As the province's vehicle sales regulator, OMVIC protects consumer rights by maintaining a fair marketplace. In addition to providing free educational resources to the public, OMVIC also inspects and registers automotive dealers and sales people.

Become an informed buyer

OMVIC knows that undertaking an expensive purchase such as a vehicle isn't something done quickly or without careful consideration. Consumers can trust OMVIC to provide reliable information for the purchase of any vehicle.

OMVIC provides comprehensive advice that covers an extensive range of topics, including test driving tips, how to spot a rolled-back odometer, trade-in advice and what questions to ask when purchasing a vehicle privately.

Consumers can also contact OMVIC's Consumer Support Services at **1-800-943-6002** for information about all-in pricing, long-term loans and more.

Before making any vehicle purchase, visit omvic.ca for more helpful resources.

OntarioMotorVehicleIndustryCouncil

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OUTDOORS

How to Safely Ride Your Bike Through the Winter

These four tips will have you happily cycling through the snow —*Andrew Raven*

THE FIRST SNOWFALL

of the season doesn't mean you have to put your bike away. With the right preparation it's possible, and some say downright enjoyable, to cycle through winter.

"You don't have to change your routine very much," says Subha Ramanathan, manager of partnerships and programs for Share the Road Cycling Coalition. "You can still use pedal

power to get to your destinations and have your daily dose of exercise."

But if you're new to bike riding in the winter, here are four important things to keep in mind.

1.

TAKE YOUR TIME

It's inevitable that at some point in the winter, you're going to have to contend with snow and ice.

When that happens, ride cautiously. "Give yourself extra time when winter cycling in case roads and paths are slippery or covered in a layer of slush," Ramanathan says. "You may also need to find alternate routes to your destination to ensure that you're cycling on trails and paths that are maintained during winter."

Go slowly and brake well in advance of intersections. Change gears regularly to prevent the buildup of slush.

Be especially careful when turning, as that's when most winter spills happen. Finally, avoid major roads if possible, opting instead for maintained trails, side streets or roads with bike lanes.

2.

WEAR LAYERS

One reason many people avoid winter cycling is a fear of the cold. But pedalling will generate body heat, which, combined with the right clothes, should keep you nice and toasty. Aim to dress in three layers—a base layer, a middle layer and your jacket—so you can peel away clothes if you get hot.

Also, make sure you have warm gloves, good boots and a thin toque or headband under your helmet.

Remember to follow the 2V1 test to ensure your helmet fits properly. To pass the 2V1 rule, you should be able to place two fingers between your eyebrows and the helmet, with the straps forming a V shape under your ears. The chin strap should be snug enough that only one finger can fit between your chin and the strap.

If the weather is especially bad, consider a balaclava and ski goggles. Above all,

don't feel the need to buy fancy winter cycling gear.

"Your usual winter gloves or mitts, boots and toque will suffice," Ramanathan says. "Special winter bike accessories, like handlebar mitts, are nice to have but not necessary."

3.

LOOK AFTER YOUR BIKE

Winter is rough on a bike; there's no way around it.

The biggest problem: road salt, which will eat away at the exposed metal on your bike, including the chain and the pedals. Experts recommend cleaning your bike regularly, rinsing away both salt and slush. (The latter can freeze, jamming up components like brakes.)

Ramanathan says you may also need to adjust your tire pressure to the low end of its range to ensure greater contact between the surface of the tire and the road.

And if you live in an especially snowy region, you might want to consider installing studded tires or buying a bike with thicker tires and a heavier frame that you don't mind exposing to the winter elements.

4.

STAY VISIBLE

It's the law for bikes to have a white front light and a rear red light or reflector at night, as well as a half hour after dawn and a half hour before dusk. That's especially important during winter when visibility is often already poor. Wear bright, reflective clothing and put reflectors on your pedals or around your ankles as the flash will catch the eyes of drivers better than a blinking light.



GET MORE FROM CAA

CAA Members earn 10% in CAA Dollars® when shopping online for a snow blower from Troy-Bilt or Cub Cadet.



HOME

WHAT YOU NEED TO KNOW ABOUT BUYING A SNOW BLOWER

When you're researching the best machine for your needs, keep size, power and the number of augers in mind –*Matthew Guy*

When staring down a metre-high snowbank, investing in a snow blower can suddenly seem like an excellent idea. But before you start shopping, here's what you need to know.

There are different types of snow blowers: one-, two- and three-stage units. These terms refer to the metal augers that chew up snow and spit it out the long chute. One-stage (or single-stage) blowers are sometimes referred to as snow shovels since they use the same rotating mass to gather up snow and toss it aside.

Two-stage machines have twin auger sets: one to collect the snow and one to blow it out the chute. These are very popular. Big three-stage blowers use two sets of perpendicular augers to pulverize snow, plus a third to send it skyward.

Some single-stage snow blowers are electric powered, while most others are fuelled by gasoline. The latter will have its engine size advertised in cubic centimetres (cc), which is a good indicator of overall power. If you expect to move a lot of snow or have a long driveway, look for one that is 300cc or more.

One final consideration is clearing width, which measures the open area where snow enters the unit. Sizes range from 24 inches to well over 30 inches. If you're planning to store the blower inside, make sure it can fit through the doors of your garage or shed.

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NATURAL WONDERS

Canada is home to 20 culturally and historically significant UNESCO World Heritage Sites. Here are six of our favourites.

by **BIANCA BUJAN**

WANT TO SEE SOME OF THE WORLD'S most stunning and significant sites? Look no further than Canada. The United Nations Educational, Scientific and Cultural Organization (UNESCO) has designated 20 World Heritage Sites in this country, meaning they require special preservation and protection. Here are six stunners that showcase our natural and cultural diversity.



CANADA AWAITS

Speak with CAA's experienced travel consultants to help you plan a trip to visit some of these world-renowned sites. Plus, they can help make sure you have the right travel insurance to protect your trip. Visit caaniagara.ca/travelinsurance to learn more.



NAHANNI NATIONAL PARK RESERVE OF CANADA **FORT SIMPSON, NORTHWEST TERRITORIES**

Spanning 30,000 square kilometres of subarctic terrain, Nahanni is a wild wonderland of mountains, plains, caves, rivers and forests—and home to one of the world's largest and most stunning waterfalls, Nájłjcho (Virginia Falls). The South Nahanni River is one of the most beautiful wild rivers in North America, with a unique and complex limestone cave system and hot springs. Canada's largest National Historic Site is a paradise for thrill-seekers, whether they're scaling the 96-metre cliff or paddling through the challenging river rapids.



PIMACHIOWIN AKI WORLD HERITAGE SITE **MANITOBA AND ONTARIO BORDER**

Canada's first mixed World Heritage Site has both cultural and natural significance and is part of the largest stretch of boreal wilderness in North America. Pimachiowin Aki is the homeland of four Anishinabe First Nation communities, who live in balance with the natural elements that surround them. Historically one of the most important natural resources to First Nations peoples, trees are used for shelter, transportation, clothing, bedding, food collection and preparation, and for cultural and spiritual activities and ceremonies. The universal value of both the thriving culture and the remarkable beauty of the landscape makes this a notable site on a global scale. Adventure travellers and ecotourists from around the world are drawn here by the millions of trees and hundreds of lakes, rivers and wetlands, as well as the thousands of plant and animal species found in the area.



MORE TO DISCOVER

Explore the rest of Canada's UNESCO World Heritage Sites

Writing-on-Stone/Áísínai'pi
MILK RIVER VALLEY, ALBERTA

Canadian Rocky Mountain Parks
BORDER OF ALBERTA AND BRITISH COLUMBIA

Dinosaur Provincial Park
PATRICIA, ALBERTA

Waterton Glacier International Peace Park
BORDER OF ALBERTA AND MONTANA, U.S.

Wood Buffalo National Park
BORDER OF NORTHEASTERN ALBERTA AND THE SOUTHERN NORTHWEST TERRITORIES

Historic District of Old Québec
QUEBEC CITY, QUEBEC

Miguasha National Park
NOUVELLE, QUEBEC

L'Anse aux Meadows National Historic Site
GREAT NORTHERN PENINSULA, NEWFOUNDLAND AND LABRADOR

Gros Morne National Park
ROCKY HARBOUR, NEWFOUNDLAND AND LABRADOR

Red Bay Basque Whaling Station
RED BAY, NEWFOUNDLAND AND LABRADOR

Joggins Fossil Cliffs
JOGGINS, NOVA SCOTIA

Landscape of Grand Pré
KINGS COUNTY, NOVA SCOTIA

Old Town Lunenburg
LUNEBURG, NOVA SCOTIA

Kluane/Wrangell-St. Elias/Glacier Bay/Tatshenshini-Elsek
BORDER OF YUKON TERRITORY, BRITISH COLUMBIA AND ALASKA, U.S.

3



MISTAKEN POINT ECOLOGICAL RESERVE
NEWFOUNDLAND AND LABRADOR

Located along the southernmost tip of the Avalon Peninsula, these narrow, naturally eroding coastal cliffs reveal perfectly preserved Ediacaran fossils—some of which date as far back as 580 million years—that highlight the history of life on earth. Over 10,000 fossil impressions can be spotted in the area, which is recognized as the most significant fossil site in the world. Guided hiking tours are available for visitors to walk along the cliffs and to learn more about the fossil impressions.

4



SGANG GWAAY NATIONAL HISTORIC SITE
ANTHONY ISLAND, BRITISH COLUMBIA

Once home to a small Haida community, the tiny village of SGang Gwaay Llnagaay (formerly Nan Sdins or Ninstints), which dates back to the late 1800s, now exhibits the history of Haida Gwaii. Visitors will be awed by the remnants of large cedar longhouses and majestic memorial poles. Here you'll also find the Haida Watchmen, members of the Haida Nation who work at cultural sites to share the 10,000-year-old history of the Haida people through songs, stories and ceremonies.

5



RIDEAU CANAL NATIONAL HISTORIC SITE
OTTAWA, ONTARIO

This 202-kilometre stretch of connected canals is a spectacularly scenic waterway, where boaters can cruise through tranquil waters and learn about Canada's history through the significant sites and stops found along the way. Originally built for military purposes, the canal showcases its dynamic past through the 47 masonry lock stations and structures—such as the Stone Arch Dam found at Jones Falls—which have remained intact since they were first put in place during the 19th century.

6



HEAD-SMASHED-IN BUFFALO JUMP
FORT MACLEOD, ALBERTA

This is the oldest buffalo jump in North America and an important place for the Indigenous peoples of Alberta's Great Plains. For nearly 6,000 years, this site was used by Peigan and other Plains peoples for buffalo hunting. It's one of the most extensive and best preserved examples of communal hunting techniques. Adjacent to the jump, you'll find an interpretive centre that showcases artifacts found at the historical archaeological site. ■

PREP YOUR CAR FOR WINTER

From snow tires to rustproofing, there's lots to do when getting your car winter-ready

by MATTHEW GUY

WE ALL KNOW IT'S COMING, yet every year when that first snowfall arrives, our roads often become dangerously chaotic, with unprepared drivers sliding or unable to see properly through their windshields. Fortunately, if you get ready for that seasonal change now, you can stay safe and mobile. Here's how.



Change your tires

It's important to invest in a good set of winter tires, which are made from seasonal rubber containing special compounds that allow tires to remain pliable in sub-zero conditions. Always mount winter tires in sets of four, as putting them only on the drive wheels can create a dangerous traction differential between the front and rear of your vehicle.

Have your battery checked

Ensure your battery is in tip-top shape by checking

the remaining charge on it. A fully charged battery should measure at 12.6 volts or above. When the engine is running, it should be at 13.7 to 14.7 volts. This can be done at home using a multimeter, or CAA's Mobile Battery Service can come to wherever you are, test your battery and, if necessary, replace it with a new one.

Check your wiper blades and top-up your fluids

Good grip underneath your car isn't much help if you can't see where you are going. Check wiper blades for obvious signs of damage, such as cracked

rubber on the blades or bent frames. You should also replace them if you see any wear and tear or notice that they do a poor job of cleaning the glass.

Replace your summer-grade windshield washer fluid with one that has been rated for cold temperatures, which are generally tinted blue or green instead of pink. Summer windshield washer fluid is great for removing bugs, but it can also freeze and clog up sprayer jets or rubber lines.

Be prepared for trouble

Keep an emergency kit in the cargo area of your

vehicle. Include items like a blanket, a flashlight with extra batteries, a first aid kit and energy bars. It's also wise to keep an extra charging cable for your smartphone.

Speaking of smartphones, download an app or two to get out of a jam—or prevent one in the first place. Waze warns drivers of closed highways and provides real-time road alerts. If you do require roadside assistance, the CAA Mobile App™ allows you to track your service calls in real time, as well as share the status with others. ■



Cold Comfort

Winter brings chilly challenges to our ears and hearing health. But with a few simple steps, you can stay toasty and alert.

Wear ear gear

Ever notice your ears and nose get cold first? Comprised mainly of cartilage, they don't contain insulating fat and feel cold faster than other extremities. Ears are also exposed to moisture from rain and snow, which can mean greater risk of infection. Keep warm and dry by donning a toque, scarf or earmuffs.

No bones about it

If you're an avid skier or snowboarder, beware of exostosis—a rare condition which increases bone growth in the ear canal as a way of blocking out the cold. Excessive exposure to cold or wet weather puts you at increased risk of developing exostosis, which can lead to ear blockages, infections and hearing loss. Before hitting the slopes, make sure your ears are covered.

Cut through the noise

The sound of an average snowblower can exceed 100 decibels—or the equivalent of a jet taking off. Prolonged exposure to loud noise, even just a couple of hours, can do serious damage to your hearing. When using a snowblower, do so in short bursts and always wear earplugs and/or earmuffs.

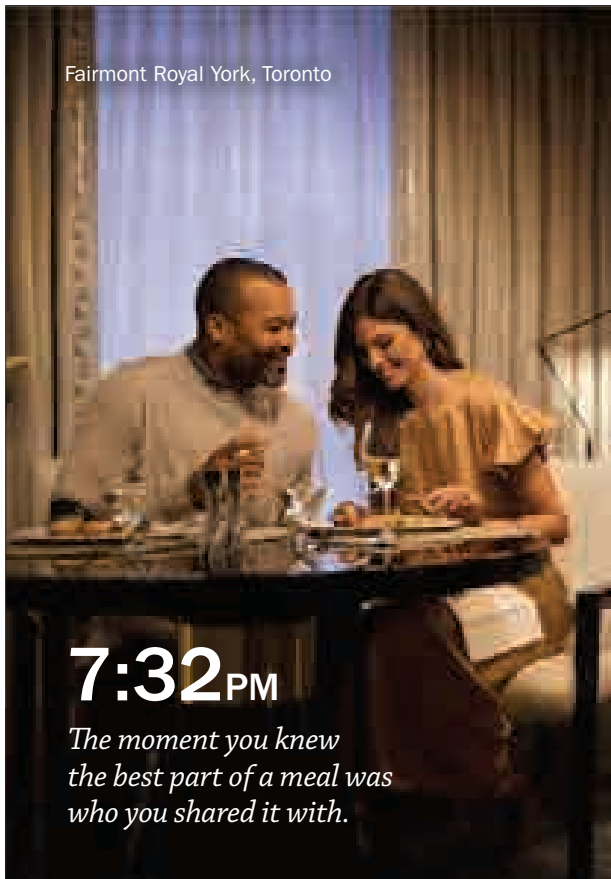
Protect your devices

Show your hearing aids some extra TLC when temperatures dip. In cold conditions, the battery may drain faster, so always keep your spare fully charged. Be mindful of moisture: Rain or snow can damage inner components and cause corrosion.

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GET COZY

With cold weather upon us, these items from CAA Rewards® partners are sure to make everyone feel warm

1. Cooper Canada Pom Pom Toque

Available for men and women, this classic hat features Roots' iconic beaver logo.

ROOTS

Earn 4% in CAA Dollars*

2. Maison Berger Mini Bouquet Diffuser

Your home is sure to smell inviting with this aromatic fragrance. The accompanying reeds will infuse your home with the scent of citrus and notes of basil and green mint.

WELL.CA

Earn 5% in CAA Dollars

3. Pommed Rib Slippers

These knit slippers are lined with fleece, so they're guaranteed to keep your feet extra warm. A non-skid patch on the cushioned sole means you won't slip.

INDIGO

Earn up to 5% in CAA Dollars

4. SMEG Coffee Machine

A hot cup of java is the perfect way to ward off winter's chill. Though it's retro in appearance, this drip coffee maker comes with modern touches, like an auto start and aroma control.

STAPLES

Earn 3% in CAA Dollars

5. Origins Hello, Calm Relaxing & Hydrating Face Mask

Packed with omega-6 and omega-3 fatty acids, this luxe face mask is ultra hydrating and smells soothing, too.

ORIGINS

Earn 6% in CAA Dollars

6. Grey Tapestry Noodle Bowl With Bamboo Chopsticks

Savour a steamy bowl of ramen or soba noodles in this patterned bowl. A convenient chopstick notch makes for a chic place to rest your utensils.

STOKES

Save an extra 5% off your purchase

7. Andra Throw With Tassels

Snuggle under this soft throw to read a book, watch a movie or sip a warm mug of tea by the fireplace on a chilly winter day.

BOUCLAIR

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GET THE RIGHT COVERAGE

Review your home insurance policy to ensure you're fully protected against water damage. Visit caaniagara.ca/homeinsurance for more information about CAA Home Insurance coverage options.

UNDER WATER

Flooding isn't just a nuisance. It can also compromise your home's structure and lead to costly repairs. Here's what you can do to avoid a deluge in your basement.

by ATHENA SARRACINI

N **O ONE WANTS A** flooded basement, but it can happen easily, says Andrew Ingriselli, president of Aquatech, a Toronto basement waterproofing company.

Debris in the eavestrough, poorly installed downspouts, cracks in the home foundation and broken, cracked or clogged pipes are among the many causes.

Melting snow can be another factor, especially when the weather warms up quickly and there's rain, says Ingriselli.

Water can seep into even tiny cracks in your home's foundation. In the winter, that water can freeze when the mercury drops, causing the cracks to expand. This means that the cracks may become larger, allowing more water

from melting snow or ice to penetrate your home when temperatures rise.

Luckily, there are some easy ways to prevent this.

First, make sure eavestroughs aren't clogged. Then, clear snow and ice from downspouts so that water can drain away from your property.

"Make sure your property is graded away from the

house to avoid any puddling and accumulation of water close to the foundation," Ingriselli says. When there's no standing water on your property, then you know it's been graded properly. When water is puddling, Ingriselli advises calling a landscaping contractor to professionally grade the property.

Seal any cracks in your foundation, which serve as an entry point for water. Smaller hairline cracks can be filled in with a caulk that is compatible with concrete. Have larger cracks examined and repaired by a professional.

Ingriselli recommends that every house have a sump pump and backwater valve installed by a professional to help prevent flooding whenever there is excessive water. He notes that some municipalities offer subsidized programs to offset the cost.

Make sure the landscaping around your home slopes away from the foundation. Add soil if necessary to help melting snow flow away from your home.

Making some time now to ensure that your home is less susceptible to water damage may prevent costly repairs come springtime. ■

The Bright Side of a Dark Time

While the pandemic has been difficult in many ways, there have been some positive outcomes worth celebrating

by CLAIRE SIBONNEY

It's easy to become overwhelmed by the endless pandemic news—from new variants to the enormous toll the virus has taken in terms of sickness and death around the world. But in all the darkness, there have been rays of light. Here are some of the positive outcomes of the pandemic.



GREATER APPRECIATION FOR THE OUTDOORS

Outdoor activities and parks played an important role for those of us seeking relief from the toll of social isolation. A poll by the Nature Conservancy of Canada (NCC) showed nine out of 10 pandemic-weary Canadians value nature now more than ever before. There is also more awareness of nature in our lives, from backyard birds to greater use of trails and parks—not to mention a sudden run on bicycles and other outdoor equipment. “Many Canadians have used the opportunity to find and explore some hidden gems or places with a lot of natural beauty close to home that we sometimes overlook,” says NCC president and CEO Catherine Grenier.



A SLOWER PACE OF LIFE

From picking up new hobbies (hello, sourdough!) to embracing old passions (and even earning money from them), the luckiest among us were able to slow down and enjoy life's simple pleasures. With most extracurricular activities cancelled, the pandemic also provided an opportunity for parents to spend more downtime with their kids. “Parents are wondering how they'll keep that slower pace now that things are opening up again,” says parenting coach Sarah Rosensweet. “I'd suggest sitting down and deciding what your priorities are for each member of the family and also thinking about peer pressure, like, ‘Everyone's putting their kid in soccer, so we should, as well.’”



COLLABORATION ACROSS BORDERS

From a global health perspective, there's been unprecedented cooperation between countries and scientists in a variety of disciplines, which is why Covid-19 vaccines were developed and distributed at such remarkable speed and scale. A statement from G7 foreign and development ministers acknowledged, "We have achieved in a year something that usually takes a decade."

NEW WAYS TO CONNECT AND LEARN

From innovations in telemedicine to online learning and virtual cultural experiences, the pandemic made a lot of things possible from the comfort of our own homes. And many of these solutions may be here to stay, including convenient virtual appointments with a physician or therapist and new opportunities to learn and explore. Since March 2020, over three million people have taken Yale University's free online course "The Science of Well-Being," making it one of the most popular classes in the school's 320-year history.



RESILIENT RELATIONSHIPS

Even when we couldn't see each other face to face, our connections to loved ones were still there, and possibly stronger than ever. A recent study of 6,700 English-speaking participants across Canada from the University of Calgary found 55 percent of parents believed the pandemic brought them closer to their children. And half of pregnant individuals felt there was some improvement in their relationship with their partner during the pandemic. "The findings suggest there might be a serious deterioration in relationships for a small proportion of families, but there seem to be improvements for many more," says Anna MacKinnon, a researcher with Alberta Children's Hospital Research Institute, which partly funded the study.

IMPROVED AIR QUALITY

Coronavirus lockdowns and the pause in many activities—particularly commuter traffic—led to better air quality in 84 percent of countries, according to a global report by Swiss air quality technology company IQ Air. The Global Carbon Project also reported that world carbon dioxide emissions fell seven percent last year, the biggest drop ever. Lockdowns also offered more insight into regional and seasonal differences and possible solutions to poor air quality, as well as simple steps everyone can take to help, including driving less and choosing to walk or cycle more. **GAA**



A Whole New Look

A change of season often calls for an update that breathes new life into your space and transforms the feeling of your home. There is no easier—or more affordable—way than treating your walls to a fresh coat of paint or a hit of patterned wallpaper.

by TAMARA ROBBINS GRIFFITH

PAINT AND WALLPAPER ARE BOTH great ways to add depth, colour and texture to your home. “How you treat the walls in your space should be driven by your personality and the architecture of the home,” says designer Samantha Pynn of HGTV Canada’s *Save My Reno*. “The goal is to enhance what you’ve got in a livable way.”

Though refreshing your walls may seem like a daunting and massive undertaking, you can save time and money by doing it yourself. Here are some tips from the pros to get you started. ▷



A splash of colour creates a feature wall in this room by HGTV Canada designer Samantha Pynn





Choose a beige with undertones of red or pink for a soothing ambience

COLOURS OF THE MOMENT

Unlike fashion, where trends come and go quickly, the turnover of ideas in home decor is slower, and a colour can stay popular for many years. A colour's popularity is a reflection of consumer attitudes, driven by what's going on in the world. So what impact is Covid-19 having?

"Beige is back! Our global colour stylists in 11 regions unanimously agree, and this is a huge shift from the grey that has dominated for quite a few years," says Amy Donato, PPG senior colour marketing manager for Dulux Paints. "Warm neutrals like beige are

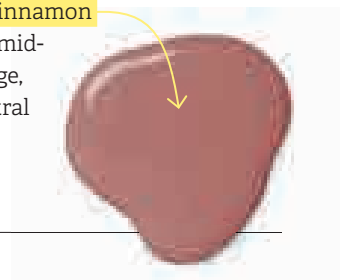
comforting, and part of the residual effect of the Covid-19 pandemic is that people are seeking solace within their homes and painting in soothing colours as a result."

Undertones of red and pink will produce a more modern beige, versus beige with yellow undertones, which was popular about 20 years ago.

Other trendy colours are green, aqua and blue. People want to add natural elements to their homes, and this desire has been amplified by the pandemic. "They're stuck inside, so they want to bring the outside in. Nature is hugely

influential right now," Donato says. This could mean choosing a deep shade reminiscent of a lush forest, or a bright teal that reminds us of the ocean.

Pink is also riding a new wave, being the colour of compassion and kindness. Not quite rose quartz, the Pantone shade that spawned millennial pink, today's popular hues have a warm undertone. **Cinnamon**, a mid-tone rosy beige, is a cozy neutral and Donato's favourite.





ADD WOW TO YOUR WALLS

CAA Members can save 25% and earn 3% in CAA Dollars® when they shop at Dulux Paints. Go to caaniagara.ca/rewards for details.

TRY SOMETHING NEW

Paint is the most cost-effective way to add an element of design and visual interest to a space. With more people working from home and carving out makeshift offices, Donato suggests painting a feature wall in a contrasting colour behind your desk, to help delineate a work zone.

Another design technique? Colour blocking. Consider painting the lower half of a wall in a darker shade or adding geometric shapes. Create dramatic focal points on a budget with a painted archway or a faux headboard. These features are a great way to use leftover paint from another project. It's also a way for those who prefer white walls to add a splash of colour.

After years of standard white trim, colour is also taking centre stage when it comes to panelling, moulding and doors. Consider painting your trim, doors and walls in the same colour for a dramatic effect and to make the space feel larger. A subtle difference in the finish—matte walls and eggshell trim, for example—can add just the right amount of textural interest.

DECISION TIME

With so many options, choosing paint colours can be overwhelming. To ease that process, “Think about what kind of mood you want to create in your space,” Donato says. “Colour choice should be driven by how you want to feel in the room. Tranquil? Cozy? Energized? Those are all good places to start when choosing colours.”



Self-adhesive wallpaper won't damage your walls and can be easily adjusted

For instance, greys can have a quiet, grounding effect that is perfect for a home office, while blues offer tranquility.

Because paint is an inexpensive change to make in a room, consider using it to tie together other design elements. Select finishes, furniture and rugs that you love first, and then use paint to make your design choices look more purposeful.

Pynn suggests looking through online magazines and social media to pull together an assortment of spaces you love. “Take screen captures of the rooms you can imagine yourself living in,” she says. “Then go back and look at the common threads running through your collection. Are there a majority of white rooms? Blue rooms? Stick with what you actually love, not with what you think you should do.”

Pynn also advises painting test swatches of your top few choices on walls to make sure you still like the way they look in your space and with your lighting.

PRINTS AND PATTERN

The world of wallpaper has flourished in the past decade, offering endless choice at any budget and multiple

design options. As people become more comfortable with the idea of wallpaper, they're more inclined to make bold choices.

When it comes to dramatic colours and patterns, try wallpapering a small space, like a powder room, where there aren't a lot of other design elements to consider.

Creating a feature wall with wallpaper and a harmonious paint colour on adjacent walls is another way to help delineate zones in your home.

Consider saving some budget for professional installation, especially if you're investing in more expensive paper, or experiment with peel-and-stick wallpaper if you're afraid to commit. Self-adhesive wallpaper has come a long way, and the latest options won't damage your walls. These wallpapers are a bit more forgiving when it comes to installation, as they're often removable and repositionable.

Whether you opt for a muted hue, a punch of colour or splash out with a bold print, paint and wallpaper don't have to be permanent changes in your home. Walls can be easily painted over to change the look and feel of a room. So go ahead and have fun with your walls. **CAA**

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More than a simple floor mat, each FloorLiner starts with laser measurements of different car models to ensure a glove-like fit. The FloorLiners are then crafted from a high-density tri-extruded material that protects your vehicle's carpet against nature's worst, including salt and slush. An innovative design creates channels in the FloorLiner to funnel liquid away from your shoes or boots. The FloorLiner's sides prevent the mess from spilling onto the vehicle carpet and a water-trapping reservoir makes clean up a breeze.



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Made from food-grade stainless steel or NSF-approved, BPA-free plastic, these trays can be positioned to the appropriate height for large dogs or to create a compact station for smaller pets. Plus, clean up is a breeze—the ergonomically designed bowls are integrated into a stand with a protective mat whose outer lip contains spills and keeps messes off your floor.

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FOR A HANDS-FREE EXPERIENCE

After spending the last 18 months staying in touch with family, friends and coworkers through video calls and online meetings, smartphones and tablets have become daily necessities for most of us.

WeatherTech's collection of holders are designed to fit any phone or tablet, providing a hassle-free experience for meetings, virtual school or for the kids to stream their favourite show. A tripod base with anti-slip feet keeps items in place during a call, while the easy-tilt mount allows users to dial in the perfect viewing angle.

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Charged Up

A BEGINNER'S GUIDE TO
BUYING AN ELECTRIC VEHICLE

by MATT BLUEBERS



ILLUSTRATION PETER VARGA

EVERY YEAR, more Canadians switch to electric vehicles (EVs), and it's easy to understand why. With prices coming down, driving range going up, new models hitting the market and an expanding network of public charging stations, EVs are more accessible—and appealing—than ever.

In 2011, only 215 fully electric new vehicles were registered in this country, according to Statistics Canada. Last year,

that number was over 39,000. It's still just a fraction of the 1.38 million new gasoline-powered vehicles registered over the same period, but by 2035, the federal government has mandated that all new light-duty cars and trucks must be zero-emissions vehicles.

If you're considering making the switch and buying your first EV, here are the key things you need to know. ▷



To learn more about electric vehicles, visit caa.ca/sustainability/electric-vehicles.



The True Cost

Whether driving electric will save you money in the long run depends largely on you and your habits. In general, EVs are more expensive to purchase than an equivalent gas-powered vehicle but cost significantly less to run and maintain.

The good news is that EV prices are coming down. It used to be that EVs with more range cost more money, but that isn't always the case now. In 2017, the electric Chevrolet Bolt cost \$42,795 and had 380 kilometres of range, while the 2022 model costs \$38,198 (before incentives) and has a range of 417 km. The price of the entry-level Nissan Leaf—currently starting at \$44,298—has stayed roughly the same once you adjust for inflation, but since 2012 its range has more than doubled to 240 km.

Federal government incentives can take up to \$5,000 off the price of an EV, while many provinces and territories offer additional incentives that help lower the cost.

If a new EV isn't in your budget, there are thousands of used ones on the market, with prices starting under \$10,000. Research shows that while the driving range does decrease as EV batteries age, the loss is relatively modest, and electric motors and batteries are generally proving to be reliable, despite some recent battery-related recalls.

Ultimately, whether you hit a break-even point—when an EV becomes cheaper to own than a gas-powered car—depends on a long list of variables, including how much you drive, which vehicles you're comparing, the rebates available in your province, the price of gas and how long you intend to keep your vehicle.

CAA has a handy online driving costs calculator (carcosts.caa.ca) that can help do the math for you.

As you crunch the numbers, keep in mind that there are other hidden costs to consider. According to CAA's online calculator, over five years, even the relatively efficient Honda Civic hatchback will produce 10 times more climate-change-causing greenhouse gas (GHG) emissions than the electric Chevrolet Bolt.

Range Anxiety

Aside from the higher upfront costs, the other big thing consumers say is holding them back from buying an EV is range anxiety, says Chris Harto, senior energy policy analyst at Consumer Reports, a non-profit consumer advocacy organization. However, he adds, driving ranges have improved greatly in recent years.

“For EV owners, they have range anxiety for the first two to three weeks, and then they’re like, ‘I don’t know what I was worried about’”

For example, the new Volkswagen ID.4 Pro, Hyundai Kona Electric, Kia Niro EV and the Chevy Bolt all have 400 km or more of driving range and are all priced under \$40,000 once you factor in the federal incentive. The \$64,990 Tesla Model 3 Long Range will take you an impressive 568 km before needing a charge.

“For EV owners, they have range anxiety for the first two to three weeks, and then they’re like, ‘I don’t know what I was worried about,’” says Cara Clairman, CEO of Plug’n Drive, an Ontario-based non-profit devoted to promoting electric vehicles. She founded the organization 10 years ago and has met thousands of EV shoppers since then. People imagine they’ll often be searching for charging stations for their vehicle, she says, but that’s not really the case since most EV owners simply recharge their cars at home every night.

Recharging at Home and Away

Having a place to plug in an EV at home is highly recommended, if not absolutely necessary. A wall-mounted

home charging station—which usually costs \$600 to \$1,500—connected to a 240-volt outlet can provide approximately 20 to 40 km of range per hour. Make sure a licensed electrician does the installation.

On a road trip, you’ll need to stop at a growing network of public charging stations across the country. Built-in navigation systems in modern EVs, or apps like ChargeHub and PlugShare, can help you plot routes with recharging stops.

There are over 5,300 public level 2 charging stations nationwide, plus more than 1,000 level 3 stations, according to Natural Resources Canada. A level 1 charger means using a standard household outlet. After being plugged in for an hour, a car can typically drive for 8 km. Level 2 means using an EV charging station, where one hour allows for 30 km on the road. A level 3 charger—also known as a DC fast charger—can provide roughly 250 km of driving range after an hour. Tesla’s newest level 3 chargers can add 121 km to a nearly empty battery in just five minutes. These charging rates can vary a lot, but in general, level 2 stations are great for home charging or longer stops, level 3 are best for road trips, and level 1 is a last resort. Level 2 chargers are slower, providing 240 volts, which is great if you’re stopping somewhere for a couple of hours or overnight. Level 1 chargers are standard 120-volt outlets and best used only when nothing else is available.

It’s easy to get lost in all the numbers, but it’s worth adding that electric vehicles are also incredibly fun to drive. They’re silent, speedy and smooth.

There will be plenty of compelling new mainstream electric cars, SUVs and even pickup trucks hitting showrooms in the next few years. Says Harto, “The biggest potential reason to hold off on buying an EV today is that the technology just keeps getting better and better.” **CAA**

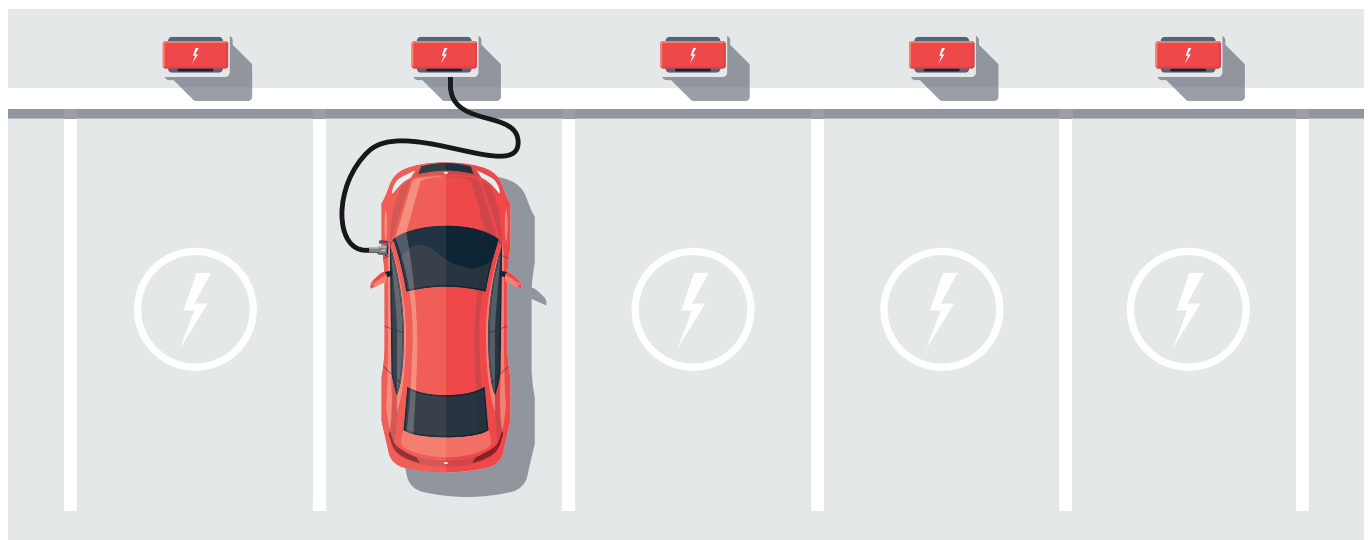


ILLUSTRATION PETER VARGA

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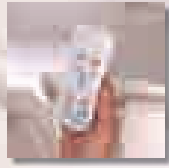
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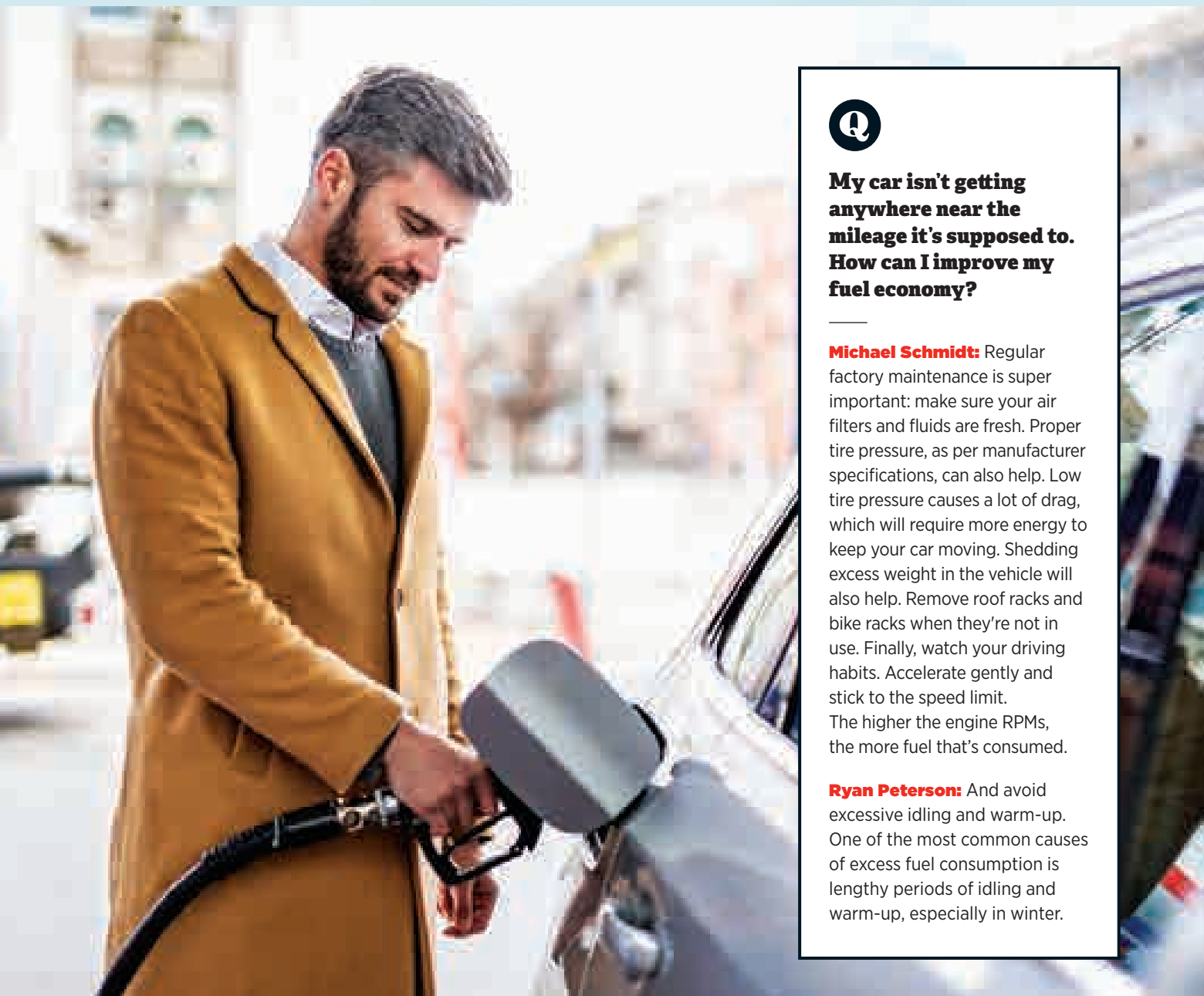
YOUR
TOP CAR
QUESTIONS,
ANSWERED



Can you keep driving if your check engine light comes on? When should you switch to snow tires? Read on as two of CAA's automotive experts, Michael Schmidt, operations manager of CAA North and East Ontario, and Ryan Peterson, manager of automotive services with CAA South Central Ontario, answer some of the most frequently asked auto-related questions.

by ANDREW RAVEN

PHOTOGRAPHY YAROSLAV DANYLCHENKO/STOCKSY



My car isn't getting anywhere near the mileage it's supposed to. How can I improve my fuel economy?

Michael Schmidt: Regular factory maintenance is super important: make sure your air filters and fluids are fresh. Proper tire pressure, as per manufacturer specifications, can also help. Low tire pressure causes a lot of drag, which will require more energy to keep your car moving. Shedding excess weight in the vehicle will also help. Remove roof racks and bike racks when they're not in use. Finally, watch your driving habits. Accelerate gently and stick to the speed limit. The higher the engine RPMs, the more fuel that's consumed.

Ryan Peterson: And avoid excessive idling and warm-up. One of the most common causes of excess fuel consumption is lengthy periods of idling and warm-up, especially in winter.



Q: Should I consider buying an electric car?

RP: A resounding yes. Today's electric vehicles are fast, nimble, quiet and loaded with cutting-edge technology. Many electric vehicles can travel more than 400 kilometres on a charge. And if your battery needs a top-up, Canada has more than 6,000 public charging stations, according to Natural Resources Canada.

While their sticker prices are relatively high, electric cars are much cheaper to run than their gas-powered cousins and require far less maintenance. When you consider the costs between an EV and a vehicle that runs on gas over the course of a decade—which is roughly how long most Canadians own a new car—that makes many electric vehicles less expensive to own over time. (For more on electric vehicles, see "Charged Up" on page 25.)



Q:

What should I do if my check engine light comes on?

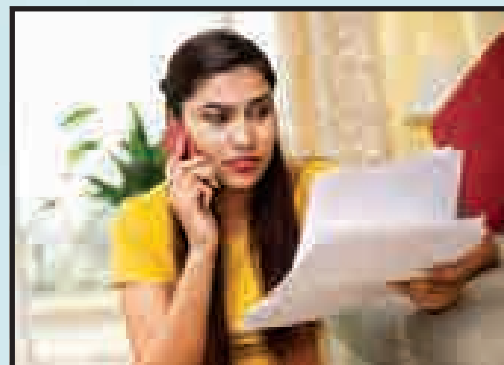
MS: With a check engine light, there are two possibilities: is the light solid or is the light flashing? The rule of thumb is that when an engine light is solid, it's safe to get where you need to go. Then address the problem as soon as you can. When the check engine light is flashing, something catastrophic is happening. You have a serious breakdown coming. Get to a repair shop immediately.



— **Q** —

Do I need to rustproof my car, or is rustproofing just a scam?

RP: We are very big supporters of rustproofing. The salt brine used on Ontario's roads sticks to your car like glue and corrodes metal quickly. A lot of people don't believe you need rustproofing because manufacturers treat the metal. That's true, but in Ontario, with the brine we use, it's not enough. The only rustproofing product that we recommend is Krown Rust Control. Every independent test we have seen—performed in multiple facilities, including universities and the military—has shown that Krown rustproofing is the best.



Q: What should I do if I get a recall notice?

MS: Recalls are always safety related in some way. But notices don't always tell you exactly what's wrong and what the safety implications are. The best thing to do when you receive a recall notification is to call your dealership. Whether the parts are available yet, that's a different story.



Q:
**HOW DO I
 CLEAN BIRD
 DROPPINGS
 OFF MY CAR?**

MS: It's inevitable that birds will poop on your car. When they do, quick action is essential. In as little as a day, the acid from bird droppings can eat through your car's clear coat, the transparent film that protects your paint. Leave the poop for longer, and it can chew through the paint itself.

There are several off-the-shelf products that can help remove droppings, but the best method is to "rehydrate" them. Soak a rag in warm water and place it on top of the droppings to liquefy them. Then gently rub them away—bird poop can contain sand, which will scratch your paint—and wash your car with a specially formulated auto cleaner.



**Do I really need
 winter tires?
 And if so,
 when should I
 put them on?**

RP: You can use an all-season tire in wintertime, but a winter tire is significantly better. When the temperature drops, the rubber in all-seasons begins to harden. As it hardens, it starts to lose grip. Winter tires are a softer rubber, so you get far greater traction. In winter, the channels of all-season tires also get packed full of snow, so they will quickly lose traction. Winter tires have deep, wide channels and are designed to shed snow rapidly. As for changeover time, it's not an exact science, but when you start seeing the temperature hovering around 7°C during the daytime, it's time to switch over to winter tires.



Q: On warm days, I notice a puddle under my car. What is that?

MS: It's water. What you're seeing is condensation dripping from the air conditioning system. It's not an oil leak.



Should I take my car through a car wash, or will it scratch the paint?

RP: If you're going to go through a car wash, you should always use touchless. I understand that sometimes touchless washes don't clean off all the dirt, but the last thing you want is a car wash that touches your paint. Even though they use modern materials, they still scratch. I know someone who leased a vehicle, went to a car wash every week, and when they traded the vehicle in, they got a \$10,000 bill for paint damage.



WE'RE HERE TO HELP

To find a mechanic you can trust, find a CAA-Approved Auto Repair facility near you by visiting caaniagara.ca/autorepair.



Q: Should I buy an extended warranty on a new car, or is that a waste of money?

RP: Most people don't get the money back they pay into extended warranties. The average return is 67 percent. Extended warranties are good for people who can't afford sudden repairs. You can bury the cost into your financing. But if you can afford repairs, don't buy the warranty. **CAA**

PHOTOGRAPHY [TIRE] IMAGINEGOLF/GETTY, [CAR] PERFECTLAB/SHUTTERSTOCK, [WOMAN] TIM ROBERTS/GETTY, ICONS NOUN PROJECT

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CHEERS TO A NEW Year

**For most of us,
New Year's Eve will be spent in
Canada—but there's no reason
we can't ring in the new year
in international style**

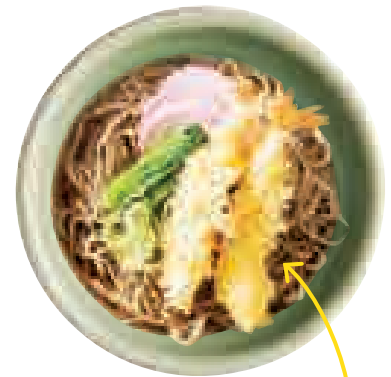
by JESSICA NAPIER

From symbolic foods and decor to rituals and traditions that attract good luck, different countries, cultures and religions have their own distinct ways of ringing in a new year—even if it doesn't fall on December 31. If you're looking for inspiration for your own celebrations, we've rounded up 10 ways from around the world to herald the arrival of 2022. ►



Brazil

Millions of partygoers descend on the sandy shores of Copacabana Beach in Rio de Janeiro on December 31 to usher in the new year with a raucous beach party that lasts until dawn. Merrymakers often wear head-to-toe white clothing to symbolize peace and good luck. They also send flowers, jewellery and other gifts into the ocean as an offering to Iemanjá, Brazil’s goddess of the sea. Following a spectacular midnight fireworks display, partiers jump over the waves seven times while making wishes for the year to come.



JAPAN

Eating a bowl of **toshikoshi soba**—“year-crossing noodle”—before midnight on Omisoka (New Year’s Eve) is a Japanese custom that is believed to have started in the Edo period, from 1603 to 1868. The symbolic buckwheat noodles are stretched and cut into long, thin strips representing a long and healthy life. The slicing of noodles signifies a fresh start and the cutting away of the bad luck and misfortunes from the previous year.



PHILIPPINES

Here, the New Year’s Eve dinner table is typically laid out with 12 spherical fruits—one for each month of the year. Round shapes are thought to attract prosperity and abundance because they resemble gold and silver coins. Apples, oranges, plums and peaches are favoured, while thorny fruits like pineapple and jackfruit are avoided, as the spikes symbolize obstacles. Filipinos may also wear polka-dotted clothing on December 31 as part of this symbolic homage to circular shapes.



PHOTOGRAPHY [WOMAN] FOTO ARENA [LDA] / ALAMY, [BOWL] KAZOKA30 / STOCK, DEWIN '1 INDEW / STOCK, [MARKET] IMAGEGALLERY2 / ALAMY, [COOKIES] DARREN MUIR / STOCKS, [MISTLETOE] GIRLIEQ / STOCK, [ICE CREAM] JANECCOAA / STOCK



FRANCE

At the stroke of midnight, you'll find the French kissing under the mistletoe, which is believed to bring good luck and ward off bad spirits. New Year's Eve in France is known as *Le Réveillon de la Saint-Sylvestre*—it's named for the saint who is celebrated on December 31, though he has no connection to new year's—and usually means sharing a feast with friends, which can include champagne and foie gras.



Scotland

Edinburgh's annual Hogmanay is one of the world's most well-known New Year's Eve celebrations. While you've probably hummed along to the tune of "Auld Lang Syne" following the midnight bells, you might not be familiar with the ancient Scottish tradition of First Footing, which still takes place across the country. To ensure good fortune for the upcoming year, the first person—or first foot—to enter your home after midnight on December 31 must arrive bearing a symbolic gift of shortbread, salt, coal or whisky.



SWITZERLAND

The Swiss don't cry over spilled milk—or, rather, ice cream. In fact, they rejoice over it. It's not uncommon to find ice cream (whipped cream is also an accepted substitution) **dropped on the floor** in households across Switzerland. A scoop of the sweet frozen treat on the ground symbolizes overflowing abundance and wealth in the new year. ▷



India

Every year in October or November, Hindus, Sikhs and Jains in India and South Asian communities around the world celebrate Diwali, a five-day festival of lights that marks the start of the Hindu lunar calendar. Families decorate their homes with small clay oil lamps called

diyas and handmade rangoli, an art form created with colourful flowers and powders. The beautiful lights and artwork are designed to lead Lakshmi, the Hindu goddess of wealth, inside the house to bless residents with good fortune for the coming year.

 **READY TO TRAVEL?**

Looking for more travel inspiration? CAA's travel experts can help you build a trip to remember. Visit caaniagara.ca/travel or call 1-800-263-7272 to start creating your dream trip today.



Spain

In lieu of a traditional champagne toast, Spaniards eat 12 grapes at the stroke of midnight to ensure good luck for the 12 months ahead. (Several other Latin countries later adopted this same ritual.) Legend has it the tradition started in the late 1800s as a way for wine growers in the Alicante region to use up their excess crop.



ISRAEL

The Jewish new year, Rosh Hashanah, takes place during the seventh month of the Hebrew calendar, which is typically September or October. More subdued than other celebrations, it's a time of repentance and contemplation. One special ritual is the **blowing of a shofar**, a trumpet made from the horn of a ram. During Rosh Hashanah, it's tradition to eat round challah, a loaf of braided bread, and apples, which are believed to have healing properties. The fruit are served dipped in honey, which signifies hope for a sweet year ahead. **CAA**



IRAN

Nowruz, also known as Iranian new year, begins on the first day of the spring equinox in the northern hemisphere and is celebrated by more than 300 million people throughout the Middle East and Central Asia. While specific traditions vary from country to country, this centuries-old Persian festival is focused on practices that represent new beginnings. In addition to deep cleaning their homes and wearing new clothing, families set a table with seven symbolic items, whose names all start with the letter S—known as the haft-sin—such as seeb (apple), seer (garlic) and serekh (vinegar). Tabletops are also adorned with painted eggs, mirrors, coins and other decorative accents designed to bring fertility, beauty, prosperity and other positive outcomes.





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News / Initiatives / Member Exclusives

PHOTOGRAPHY PEKIC/ISTOCK

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- 46** REMEMBERING A FORMER CAA NIAGARA BOARD CHAIR

IT'S A WRAP

Your CAA Membership provides access to hundreds of in-store and online deals. This holiday season, you can save while you shop for everyone on your gift-giving list thanks to CAA Rewards partners. See page 44.



Dreaming of the Perfect Return-to-Travel Vacation?

Here's why you should book your trip with a CAA Niagara Travel Consultant

NOW THAT IT'S SAFE to travel again, there are a lot of changes in the protocols and guidelines of vacation destinations and travel suppliers. Navigating these new restrictions, protocols and documentation requirements will certainly make planning a trip a bit more complex.

Luckily, CAA Niagara's Travel Consultants are ready to help as you

voyage into the new world of travel and embark on your long-awaited vacation.

INDUSTRY EXPERTS WITH SPECIALIZED KNOWLEDGE

CAA Niagara travel agents have a lot of miles under their collective belt. They have travelled the globe, from cultured Europe to the relaxing Caribbean and beyond. With this wealth of travel experience, they know the ins and outs of planning the trip of your dreams.

Each of our knowledgeable Travel Consultants also have different specialties and have completed additional training in certain destinations or modes of travel, from enchanting Disney vacations to river cruise itineraries that take you through Europe's most renowned wine regions.

TRUSTED TRAVEL PROFESSIONALS

In November 2020, CAA Travel launched a new three-level Travel Smart program, which all CAA Niagara Travel Consultants have completed, earning themselves the CAA Trusted Travel Professional accreditation. This program prepares our agents to counsel clients on what they may encounter when travelling in a post-pandemic world and how to keep themselves and their travelling companions safe. The program modules are frequently updated to ensure our travel team remains in the know as the travel industry continues to evolve and adapt.

FLEXIBLE APPOINTMENTS

CAA Niagara recently implemented a new and easy-to-use online scheduling system to allow our clients greater flexibility when booking appointments with our Travel Consultants. Clients can safely meet with our experts in person at one of our branches, or they can opt to meet by phone or via video call from the comfort of home.

CAA VACATIONS®

While we offer travel planning services to non-Members, a membership unlocks exclusive savings and added amenities through the CAA Vacations® program. Whether you're looking for family-friendly fun, a relaxing stay in luxurious accommodations, or a chance to experience cultures far removed from our everyday, our Travel Consultants can help you get the most out of your trip.

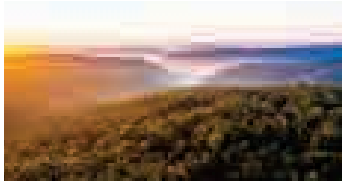
Upon your departure, our Member Care team is also available 24/7 to assist with a variety of emergency travel assistance services, including re-booking missed or cancelled flights, processing reservation changes and providing referrals for lost or stolen travel document replacement.

Don't wait—start planning your next getaway now. ■

To book an appointment with one of our expert Travel Consultants, visit caaniagara.ca/travelagents.

JOURNEYS

BY CAA NIAGARA



SPRINGTIME IN BRANSON & THE OZARKS

April 18 to 25, 2022

Adventure

Enjoy a spectacular springtime celebration in Branson and the Ozarks Mountains. Discover the mountain's beauty, including scenic trails and dramatic waterfalls, by tram and golf cart. Visit the Museum of Ancient Ozark's Natural History, created by Bass Pro Shops founder Johnny Morris.



MACKINAC ISLAND: JEWEL OF THE GREAT LAKES

May 15 to 18, 2022

Relaxation

Experience the tradition of The Grand Hotel, located on northern Michigan's Mackinac Island. Enjoy the spectacular views from a rocking chair overlooking the Straits of Mackinac from the world's longest porch.



ALASKA & YUKON CRUISE TOUR

August 9 to 20, 2022

Adventure

Journey through the fabled Inside Passage, ride the domed railcars of the award winning McKinley Explorer, and the Historic White Pass Rail. While on land visit Denali National Park & Reserve, enjoy Fairbanks, Dawson City, and Whitehorse.

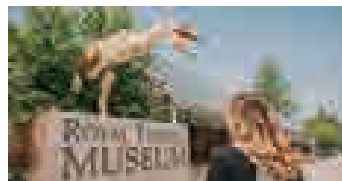


NEW YORK, NEW YORK!

August 12 to 15, 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 DINOSAURS & CANYONS OF ALBERTA

August 21 to 30, 2022

Adventure

Visit the Canadian Badlands, one of the richest fossil beds in the world. Explore the Royal Tyrrell Museum, featuring one of the highly regarded collections of dinosaur fossils worldwide. You'll also have a chance to discover authentic western hospitality of Calgary.



Tuxedo Classic

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. Across the windswept Orkney Islands lie relics spanning human history, from pagan stone circles to reminders of wartime tragedy. Travel through stunning landscapes with its misty valleys and glens, lochs and rushing waters.

DAY TOURS

John McDermott in Concert
November 30, 2021

One of a Kind Christmas Show & Sale
December 1, 2021

Famous PEOPLE Players:
Jingle Around the Clock
December 9, 2021

Stars on Ice
May 7, 2022

With more to be added!

Santa's Little Helper

Your CAA Membership can help ease the strain on your wallet this holiday season

THE HOLIDAYS ARE FAST approaching, bringing along with them the stress and expense that always seem to accompany seasonal shopping. But CAA can help. We've compiled a list of deals unlocked by your CAA Membership, making it easier than ever to shop for anyone on your list.



FOR THE TRENDSETTER

Help them create a chic and cozy abode with the hottest home furnishings from **Bouclair**, where Members **save 5%**. And with **10% off** in-store and online, **RW&CO.** will keep your fashion-forward friends and family looking stylish all winter long.



FOR THE YOUNGSTERS

Outfit the little ones on your list with popular styles from **Carter's Oshkosh**. Shop through the **CAA eStore** and **earn 5% back** in CAA Dollars®. Help keep winter boredom at bay with video games from **Gaming Gators**, where Members earn **10% off** pre-owned video games and consoles and single trading cards. For the book lover, puzzle or board game enthusiast, shop in-store at **Book Outlet**, where Members **save 10%**.



FOR THE GOURMAND

Delight the wine connoisseur in your life with a wine club membership to **13th Street Winery** and get a **\$25 gift card** with purchase. Give it as part of the gift or keep it for yourself. We won't tell anyone!

Satisfy their sweet tooth—and **save 10%** in the process—by popping some treats from **Chocolates Etc.** into their stocking. Make sure your favourite home chef has the latest cooking gadgets from Think Kitchen, and save an **extra 5%**, or add to their cookbook collection with the latest culinary title from **Indigo**, where you'll **earn up to 5%** in CAA Dollars® when you shop online through the **CAA eStore**.



FOR THE HOST OR HOSTESS

Be the talk of your next holiday party with gourmet delights from **Cobs Bread** or **Con Gusto Artisan Bakery**, where Members **save 10%**. A charcuterie board from **CHZ PLZ** makes party prep a breeze, while festive sweets from **Boxed Cookies** liven up a dessert table with minimal effort. And the best part? CAA Members **save 10% to 15%**.



FOR THE WEEKEND WARRIOR

Help your favourite outdoor enthusiast prep for their next adventure by snagging them the latest gear at **SAIL**. When you shop through the **CAA eStore**, you'll **earn 5%** back in CAA Dollars®. Wow the sports aficionado in your life with clothing and equipment from **Niagara Golf Warehouse** and **Buckner's Source for Sports** and **save 10%** in the process.



FOR THE PERSON WHO'S HARD TO BUY FOR

Everyone has that one person on their list who seems to have it all. CAA Niagara has your back! Pop into a branch and grab a **CAA gift card**, which can be used for travel, membership, merchandise and attraction tickets. Or give them the gift that keeps giving all year long with a CAA Niagara gift membership, and let them unlock their own exclusive savings and experiences.



FOR THE WORK-FROM-HOME PROFESSIONAL

Give their home office an upgrade. Grab some new earbuds or the latest smart tech and **save up to 20%** at **The Source**. Surprise them with a new office chair or laptop bag, or fill their stocking with fun office supplies courtesy of **Beatties**, where Members **save 10%**.



Offers and partners subject to change without notice. For an up-to-date list of Rewards partners, visit caaniagara.ca/rewards.

Visit caaniagara.ca/holidaysavings to learn more about how you can use your CAA Membership to help you save this holiday season.

CAA Niagara Pays Tribute to Bill Heelis

Fond memories of a former Board of Directors member who helped shape CAA Niagara



CAA NIAGARA PROVIDES a sense of security and safety across the region to our 140,000 Members.

CAA Niagara's dedicated front-line staff is supported by strong corporate leadership that ensures consistent and reliable service to you, our Members.

The Board of Directors establishes the strategies for the growth and sustainability of CAA Niagara. This small group of representatives share their knowledge and experience to benefit CAA.

We mourn the passing of one of CAA Niagara's former directors, Bill Heelis, who served the club from 1985 to 2015. Bill chaired CAA Niagara through many improvements to Member services and ensured the independence of CAA Niagara as its own proud organization.

CAA Niagara extends our condolences to Bill's wife, Debbie, and their family.

CAA Niagara has made a donation in his honour towards Bill Heelis' Big Move Cancer Ride.

—Janice Thomson, Board Chair

Heartfelt memories from Bill's colleagues

BILL WAS THE VERY ESSENCE OF

a valued and distinguished board member: always informed, engaged and resolute.

It's an unspeakable loss to Debbie, who was certainly his source of quiet determination. In her own way, she too acted as a strong supporter of our club, and together they attended events on behalf of CAA. I can hear his laugh and see his smile, Debbie on his arm, radiating happiness to be at his side.

We owe him an enormous debt of gratitude for all that he did for this club and this community.

—Sharon Broderick, past board member

DURING TIMES OF SADNESS,

we will take a moment to reflect on our lives, our surroundings and especially the people with whom we choose to surround ourselves. After all, the most accurate measure of a person is not reflected in their pocketbook but is most accurately measured by the respect they have earned from their family and friends. Bill Heelis has earned the greatest respect from all of us who knew and loved him. We have many fond memories of being in the company of both Debbie and Bill over the years.

Bill will be sadly missed yet never forgotten by any of his friends.

—Bruno Iafrate, board member

BILL WAS AN INCREDIBLE ASSET

to CAA Niagara. Over the many years that he sat on the board, the club faced many challenges. Bill drew on his strategic skills and love for the club to ensure that CAA Niagara remained vibrant, successful and independent.

Bill's kindness, sense of humour and decency will be missed by all who had the privilege to know him.

—Sue Murray, past board member

I RECENTLY SAW BILL AT THE

United Way golf tournament. He was responsible for running the tournament for many years and raised so much money for a great cause. Bill was involved in so many things. He did a great deal, not only for CAA, but for Niagara as a whole.

—Rob DePetris, board member

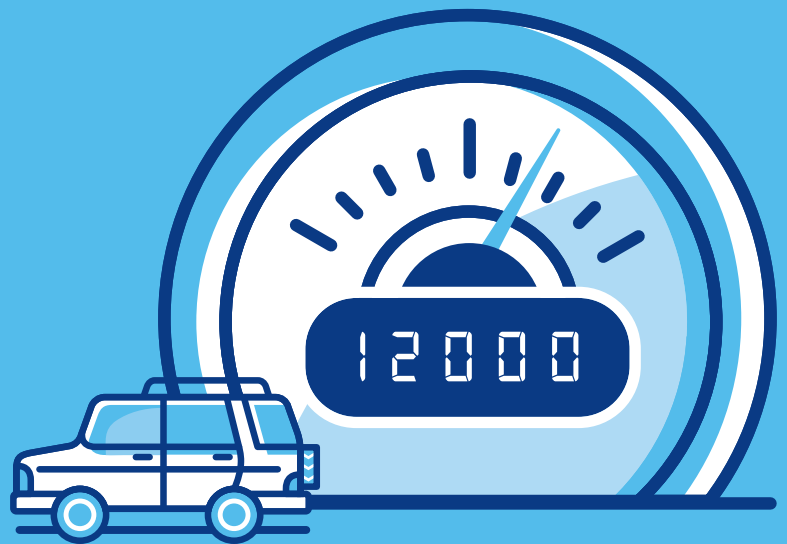
BILL WAS THE TYPE OF PERSON

every organization would want to have sit on its board of directors. He was steadfast and a valuable rudder for the CAA Niagara ship for many years. I am blessed to have sat on the board with him for a number of years, and I certainly became a better board member because of him.

—Richard Halinda, past board member

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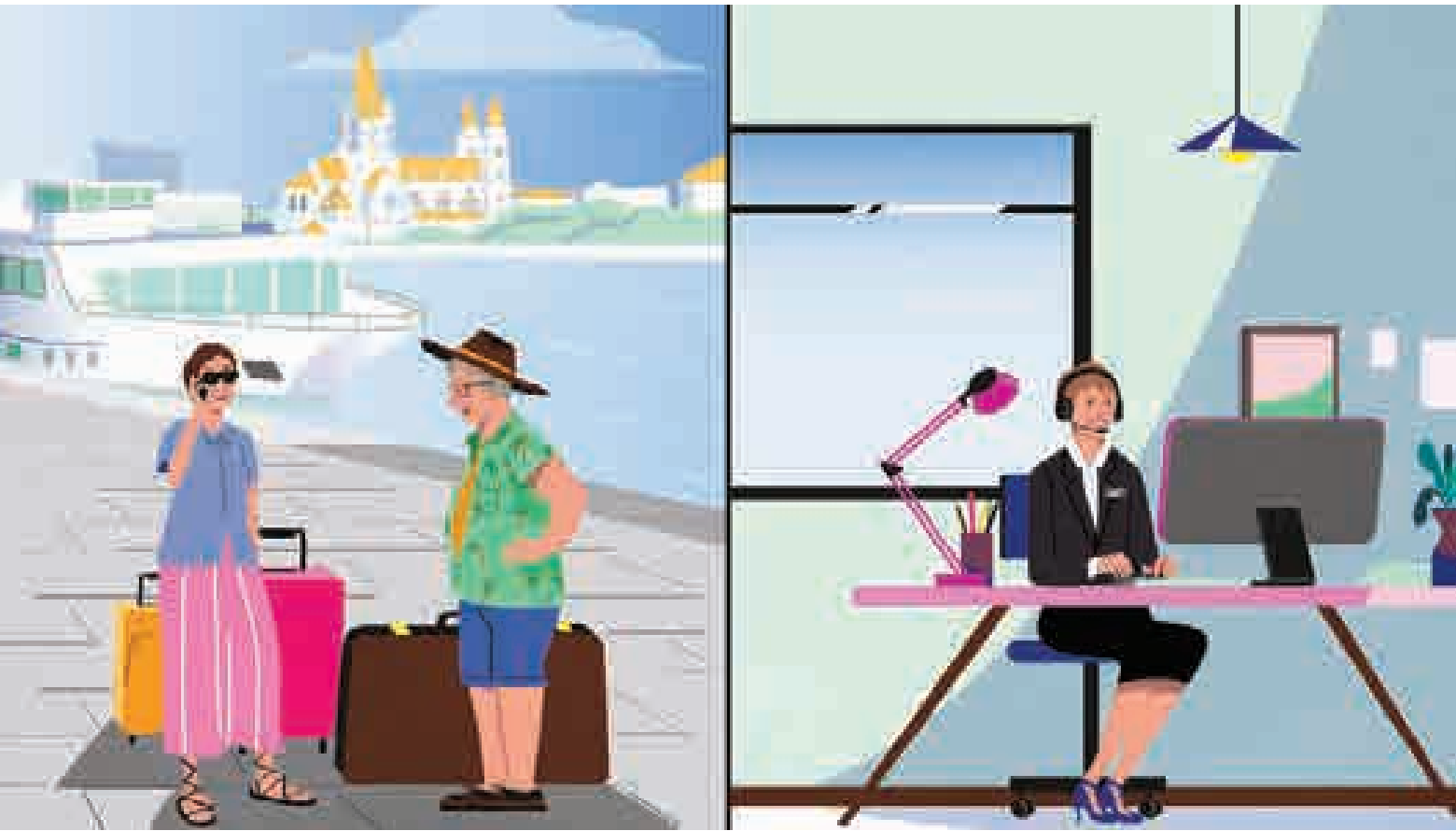
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THIRD TIME'S A CHARM?

How a CAA Travel Consultant helped save a river cruise holiday—twice

by KATELIN DEAN illustration by GIORDANO POLONI

The Gahagans and the MacDonalds have been trying to complete a European AmaWaterways river cruise since 2018—without much luck so far.

John and Ginger Gahagan, along with their friends David and Joan MacDonald, were aboard a 14-day cruise in 2018 when low water levels cut it short by a week. The two couples were left to book a new return flight.

John contacted their CAA Travel Consultant, Beth Hudson, in Saint John, N.B., to help get them all home.

Though they had booked the cruise with Beth, they had made their own flight arrangements for the trip. Regardless, Beth rebooked their return flights from Vienna.

“Even if we could have done it on our own with our phone and weak internet access, it would have been much more difficult without her,” John says. “Because of Beth working to get us the new flights, we were able to use the time to enjoy ourselves in Vienna rather than being on the phone trying to rebook them ourselves.”

Beth says she credits this successful outcome to AmaWaterways. The company covered the cost of the changed flights and refunded the second week of the cruise, which the two couples promptly rebooked.

Unfortunately, their second attempt at a cruise was a bust because it was supposed to take place in 2020, when the travel world shut down because of the pandemic. Again, with Beth's help, the cruise was cancelled without penalty.

“AmaWaterways also extended the rebooking option from three years to four to allow us ample time to rebook post-Covid-19. Kudos to Beth and AmaWaterways,” John says.

AmaWaterways credited a sizable part of the fare as a result, and this credit has since been applied to their next cruise. The trip is now scheduled for 2022. Hopefully the third time's a charm for these two couples. ■

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

MEMBERS JOHN AND GINGER GAHAGAN | **FROM** ROTHESAY, N.B. | **MEMBERS SINCE** 2002



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.

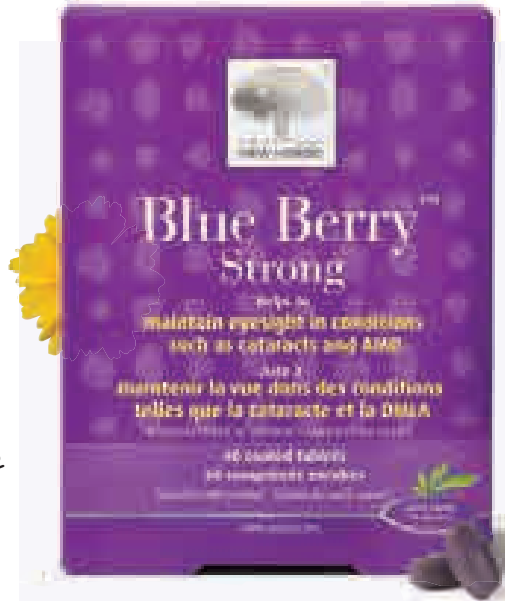
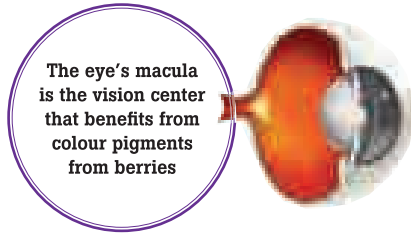
I DIDN'T WANT TO GIVE UP

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



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.



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