

# CAA

M A G A Z I N E

- Road trips, lakeside dips and outdoor tips
- St. John's and Saint-Pierre and Miquelon
- Festivals, music and farm-to-table treats

SUMMER 2023

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# ROAD MAP

SUMMER 2023

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# Our Mission Is to Protect Our Roadside Heroes

**MAY IS SLOW DOWN MOVE OVER MONTH.** For my column in this summer edition of *CAA Magazine*, I want to reflect on the importance of protecting our roadside responders and the progress we've made so far.

Across North America, approximately 100 tow truck operators are killed each year while tending to stranded vehicles on the side of the road. This is a staggering statistic that is both heartbreaking and completely preventable. At CAA Niagara, we take this issue seriously, and we are committed to doing our part to keep safe our roadways and our roadside heroes who are out there 24/7/365 assisting our Members.

This is why we advocate for the Move Over Law—a highway traffic act requiring 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, this law requires the driver to move over and, whenever safely possible, leave one lane between their vehicle and a parked emergency vehicle.

During Slow Down Move Over Month—as well as throughout the year—CAA works to educate the public on the risks and consequences of failing to obey the Move Over Law.

But, as important as advocacy is, we also recognize that more action is needed. That's why CAA Niagara recently equipped our whole fleet of towing vehicles with Safety Cloud® by HAAS Alert. The technology sends real-time alerts through apps, like Waze and Apple Maps, to drivers approaching a towing vehicle on the roadside. By giving drivers advance warning to slow down and move over, we reduce the risk of collisions and improve their safety, as well as the safety of our tow operators and the Members they're assisting on the roadside.

Since the installation of the Safety Cloud technology, we've received positive feedback from our tow operators, who have seen more drivers abiding by the Move Over Law. Though we are thrilled with the progress we've made, our work is far from over. As an organization committed to promoting road safety, we will continue to advocate for the Move Over Law. We won't stop until everyone abides by it and our drivers can work on the roadside without fear of injury or harm.

Let's make National Slow Down Move Over Month a reminder that we all play a role in keeping our roads safe. Slow down, move over and give our roadside responders the space they need to work safely.

Thank you for your continued support of CAA Niagara and our mission to make the roads safer for everyone! **CAA**



Peter Van Hezewyk  
President and CEO  
CAA Niagara



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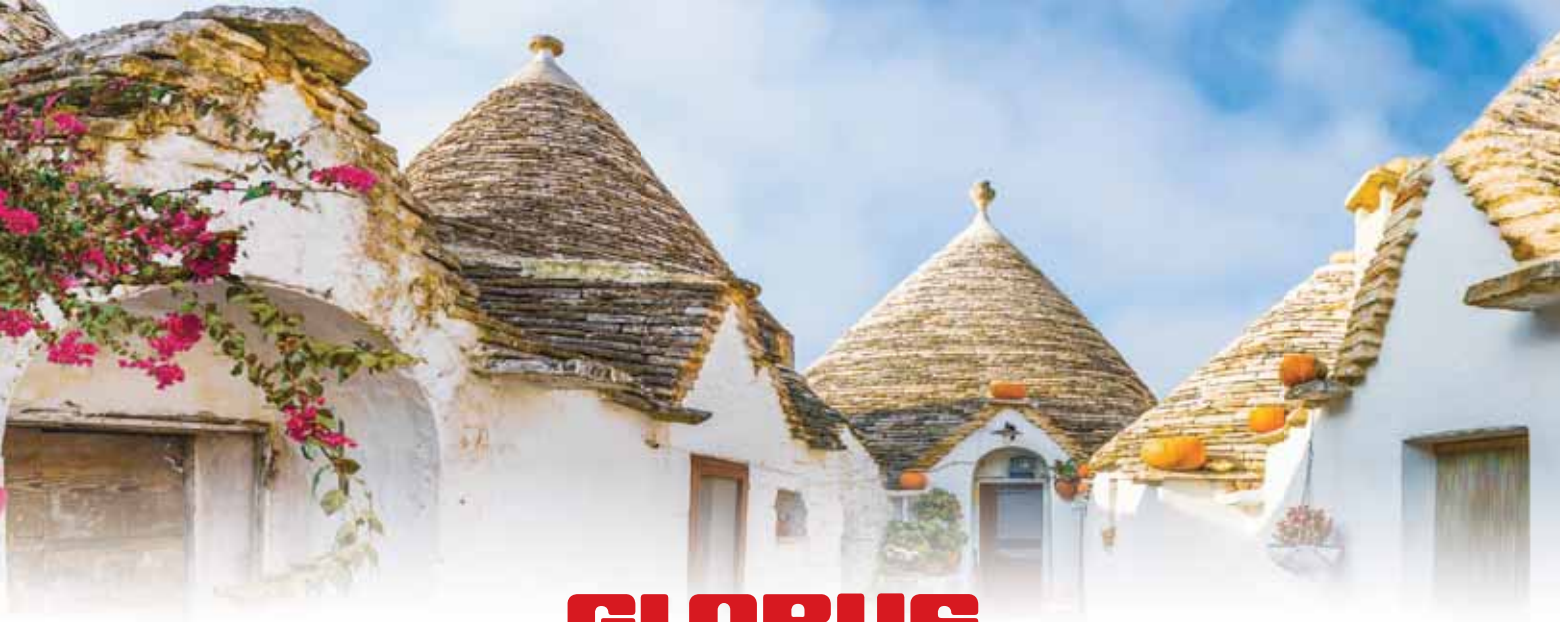
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# Member Stories

## CAA SAVED ME IN MINUTES

I called CAA Roadside Assistance in an emergency because my kids were locked in the car while it was running. A CAA employee was at my house and had my car door open within minutes. I cannot express how thankful I am to have had your service and I am so impressed with the sense of urgency, quick response and professionalism your team displayed. I truly appreciate your efforts.

—Anonymous

## A STRESS-FREE TOW

My tow truck driver was amazing and very helpful. The lady at dispatch was so nice and kept me informed as to when help would be on the way. Thanks to them, my car breaking down caused me no stress, even with my kids in the car on a cold day. CAA was there quickly and took care of business. Having a CAA Membership is so worth it. Thanks, CAA!

—Anonymous



## LEARNING SOMETHING NEW EVERY DAY

My wife and I have been CAA members for years and have occasionally benefited from roadside assistance, but we never knew CAA did a lot more until last year. We found a Caribbean cruise with Celebrity Cruises in *CAA Magazine*, and with the help of the CAA Travel and Journeys by CAA Niagara teams, this cruise was unlike any other we had gone on. Our guide did everything for us, from finding us a parking spot at CAA headquarters to booking flights, a hotel, cruise transfers and more. And she was always nearby “just in case.” Nothing was left out, including patience and friendliness.

—Ken and Bev

Have a story or comment you'd like to share? Email us at [magazine@caaniagara.ca](mailto:magazine@caaniagara.ca) and you could be featured in an upcoming issue. Letters may be edited for length and clarity.

## ROADSIDE ASSISTANT

Our car wouldn't start, and I had a feeling it was the battery. I called CAA Roadside Assistance and, in less than an hour, Stewart showed up. He was friendly, informative and polite. He did a diagnostic test and determined we needed a new battery, so he replaced it. Very efficient service. Thank you, CAA and Stewart.

—Holly



“

CAA is a model of consistency in an inconsistent world.

## MY FAVOURITE SERVICE

CAA is a model of consistency in an inconsistent world. They have very good people working there and I sincerely believe they have Members' best interests at heart. CAA is at the top of my list of favourite services to renew every year. My family utilizes roadside assistance, travel services, home and auto insurance, as well as many other features of the CAA Membership.

—Mike

## SPIRITED STAFF

I had my vehicle towed last night and the CAA driver who picked up the car was very personable. You have some great staff—our last few experiences have been really great, even in difficult situations.

—Ashley



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Farm-to-table chefs serve up multi-course feasts that pay tribute to local farmers.

## On the Farm

By Beth Hitchcock

**WHEN IT COMES TO** dining alfresco this summer, think outside the patio and go further afield, literally, with unique experiences that are as local as can be. These farms offer seasonal fare just a fork's throw from where it is grown and nurtured.

At **Mabel Hill Farm Kitchen & Marketplace**, in Nipawin, Sask., diners can sit on a covered veranda overlooking the vast gardens and orchards, or gather inside the modern-rustic farmhouse. Before heading home, check out the marketplace for take-home treats like fresh herbs and produce, meat pies and artisanal preserves.

One of the most coveted reservations in the Ontario countryside, **Eigensinn Farm** is the passion project of pioneering farm-to-table chef Michael Stadtländer. For the epic eight-course dinner, almost every ingre-

dient—from maple syrup and honey to fowl and livestock—is sourced from the 100-acre property.

At **Prairie Berry Farm**, a Métis-owned business in Glenlea, Man., farmers Jennifer and Matthieu Turenne team up with Indigenous and local chefs for two weeks each summer to create a seasonal berry-themed menu. These juicy, multi-course dinners are served in gazebos in their strawberry patch.

The FireWorks Feast at chef Michael Smith's **Inn at Bay Fortune**, near Souris, is PEI's hottest ticket. After touring the farm, guests indulge in a spectacular meal of delicacies foraged, organically grown or procured locally. And that includes unlimited fresh oysters to start.

At **Bika Farm**, just outside of Montreal, the cuisine has

“**These farms offer seasonal fare just a fork's throw from where it is grown and nurtured.**

a Turkish twist—chef Fisun Ercan grew up on Türkiye's (formerly known as Turkey) Aegean coast. The solarium seats just 28, and it's a perfect perch to watch Ercan move between kitchen and garden, transforming sustainably produced ingredients into Mediterranean classics.

Ready to play sous-chef? Learn to cook local meat over an open flame with an experienced 'firemaster' at **The Old Red Barn**, about 35 kilometres south of Edmonton. A three-hour demonstration leads to a multi-course meal. Even the dessert is fire-roasted.



Chef Fisun Ercan, owner of Bika Farm, tends the vegetable garden that inspires her summer menu.



### Venturing out-of-province?

Don't forget travel insurance—it's as important for domestic trips as it is for international journeys. Visit [caaniagara.ca/travelinsurance](https://caaniagara.ca/travelinsurance) to learn more.

## THE LOCALER

## Lee Moore

**WHAT'S THE BUZZ** in southern Ontario? That'd be around farmer Lee Moore. Soft-spoken Moore maintains bee colonies on 100 acres in the Niagara Region and goes by @TheAngryBeekeeper on social media. "I take care of the bees because the bees take care of us," he says. Moore comes from a long line of farmers. His great-grandfather was a beekeeper, too, as are many of his close friends. He shares his love for buzzing pollinators simply to spread the good word about their crucial role in biodiversity in the environment—a message he thinks people need to hear and, more important, understand. It's not a paid gig and he insists he's not an influencer, even as his TikTok following has topped 100,000 since he started posting in 2021.

"I do this for a love of bees and people. I try to help both whenever I can." Like his bee buddies, Moore just wants to do his job and help make the world a better place. And despite his online handle, he's anything but angry. "Life is too short and wonderful to waste time on that." —*Vivian Vassos*



**Nominate a Localer.** We'd love to hear about people doing great things in your community. Send ideas to [stories@caamagazine.ca](mailto:stories@caamagazine.ca) and they could be featured in an upcoming issue.



Lee Moore (@TheAngryBeekeeper) has attracted a sweet social media following for his videos about the benefits of bees.



These freshly baked treats are available for delivery in Niagara and for pickup in St. Catharines and Stoney Creek.

## THE ONE

## Boxed Cookies

Home-based bakery Boxed Cookies, in Niagara, Ont., revives those beloved memories of nostalgic childhood treats and packs them up in specialty by-the-dozen boxes. Innovative flavours include Strawberry Poptart and Reeses Swirl. Baked from scratch every weekend.

• 2 flavour choices per box



**Tempted?** Go ahead...CAA Members save 10%! Visit [boxedcookiesandco.com](https://boxedcookiesandco.com) to order online.





## HOT SPOT

## Niagara Falls Cultural Hub & Market

The just-opened Niagara Falls Cultural Hub & Market is a welcome addition to an already bustling summer town. Located in the historic Main and Ferry district, in the sleek Niagara Falls Exchange (NFX) building, the site sits across from the History Museum. This vibrant destination will include a regular farmers' market as well as shared spaces where local businesses—from artists and musicians to food vendors—can come together to showcase their work.

—Beth Hitchcock



The NFX building was designed to be the cultural heart of the Niagara community.

“The just-opened Niagara Falls Cultural Hub & Market is a welcome addition to an already bustling summer town.”



Before letting dogs run free, take them through these training tips.

## Total Recall

A good run provides exercise and mental stimulation for your dog, but before removing that leash, you want to be sure Buddy will come back when called.

Proper recall training is essential to prevent dogs from wandering onto a road or getting lost. Melissa Millett, head dog-training instructor at In Dogs We Trust in London, Ont., shares recall training tips for pups (or any dog who needs a summer refresher).

The first step, she says, is teaching Buddy to focus. Reward him each time he makes eye contact without prompting while on a leashed walk.

Next, practise restrained recall in a fenced area. Have someone hold the dog while you move a few metres away. Call him by name and say, “Come,” as your helper releases the lead. Always reward him for coming—even if it takes a while.

Still don’t trust your pup’s recall skills? Don’t force it. Of Millett’s nine professionally trained dogs, she only allows six off leash. “One is a terrier with a high prey drive, another is only two pounds and could be a snack for a bird of prey, another is a deaf car-chaser,” she says. “Many dogs are happy with hikes on long leashes and enjoy running in fenced yards.” —Tracey Tong



**Protect your pet.** CAA Members receive a 12% discounted rate on Pets Plus Us Insurance. Visit [caaniagara.ca/petinsurance](https://caaniagara.ca/petinsurance) to learn more.

# You Spin Me

Six spectacular bike rides for a summer day.

From towering mountains to dramatic coastlines, Canada offers so much to see on two wheels. Here are six scenic rides to do in a day (with plenty of time to stop for pictures).



## Confederation Trail, PEI

Spanning 273 kilometres, this old railway line, now a popular hiking/ biking trail, runs through the centre of the island. The easternmost section, from Morell to Elmira, is a moderate day ride with the best views of the coastline, past fishing villages and scenic St. Peters Bay. **54 km one way**



## Pelee Island Waterfront Trail, Ontario

A 90-minute ferry trip from Leamington or Kingsville drops riders off at the trailhead by the Pelee Island dock. Family-friendly trails fringe the largest island on Lake Erie, past beaches, nature reserves and Ontario's oldest wine region (now Pelee Island Vineyards). **30 km loop**



## Niagara River Recreation Trail, Ontario

This paved path beside the Niagara River zips right past the roiling waters of the falls and into historic downtown Niagara Falls with its many cafés and attractions, including one of North America's largest Victorian rose gardens—a fragrant spot for a breather. **56 km one way**



## Riding Mountain National Park, Manitoba

A ride through grasslands, forests and many lakes leads to the resort townsite of Wasagaming. This national park boasts nearly 370 kilometres of trails with bike routes that vary from easy to rugged climbs. The Strathclair Trail is a moderate option with a gentle downhill grade. **23 km one way**



## Meewasin Trail, Saskatchewan

This lengthy 105-kilometre trail lives up to its name—*meewasin* is nêhiyawêwin (Cree) for “It is beautiful.” Start at the Rемаi Modern and wind along the banks of the South Saskatchewan River—past shopping and cafés—to Wanuskewin Heritage Park. **16.5 km one way**



## Bow Valley Parkway, Alberta

This road route features stunning mountain views through Banff National Park, ending at the turquoise waters of Lake Louise. A pilot program, running in June and September, will limit vehicle use on the parkway, making this unforgettable trip even better for road cyclists. **48 km one way**

—Cailynn Klingbeil



**Worried about a flat tire or broken chain?** Your CAA membership includes Emergency Roadside Assistance for you and your bike on paved roads. Visit [caaniagara/bikeassist](https://www.caaniagara.com/bikeassist) to learn more.



# What Songs Do You Road Trip to, Ron Sexsmith?

When St. Catharines-born singer-songwriter Ron Sexsmith tours for his latest album, *The Vivian Line*, the Juno winner will likely hit the gas to this playlist. “I sometimes like to listen to hard rock music when I’m on a road trip,” he says, “but on other occasions, I like to hear stuff that’s sort of like comfort food.” —Karen Bliss

## Over My Head Fleetwood Mac



**Holiday Inn** :  
Elton John

**Take It Over in the Morning** :  
Anne Murray

**Where Evil Grows** :  
The Poppy Family

**On the Road** :  
Max Webster

**Do You Know the Way to San Jose** :  
Dionne Warwick

**Backs Turned Looking Down the Path** :  
Warren Zevon

**20 Million Things** :  
Lowell George

**Race Among the Ruins** :  
Gordon Lightfoot

**You Turn Me On I'm a Radio** :  
Joni Mitchell





Gear up to ensure you're seen, heard and protected when cycling.

## Safety on Two Wheels

**WHETHER ON TWO WHEELS**, four or more, it's everyone's responsibility to stay focused and follow road laws to protect cyclists. More often than not, cyclists and drivers end up on the same roads where tension—and collisions—may occur.

Here's how cyclists can stay well equipped for a safe ride:

**Helmets** To ensure the right fit, follow the 2-V-1 rule. The helmet rim should sit two finger widths above the eyebrows. Ensure the straps form a V under the ears. One finger should fit between the chin and chin strap.

**Bells** Bicycles need a working bell or horn to alert other cyclists when you're approaching or attempting to pass. But don't assume a bell is loud enough to alert cars of your presence.

**Lights** All bikes must be illuminated for rides at night and on rainy or foggy days. Attach a white light to the handlebars or the front of the frame and add a red rear light and reflector.

**Clothing** Wear proper running or cycling shoes, along with fitted pants that won't get caught in the chain. Consider adding reflective tape to clothes, helmet and bike.

**Get more road safety tips** Learn about CAA's #ShareTheRoad campaign on page 39.

“It's everyone's responsibility to stay focused and follow road laws to protect cyclists.”



**Stay safe.** Visit [caaniagara.ca/cycling](https://caaniagara.ca/cycling) to learn more.

## Hit the Road, It's Festival Season!

Jump in the car and fire up the GPS. Your destination: one of the many lively music, art, food and cultural festivals being staged across the country this summer. There's fun for everyone, whether you're looking for something local or you're ready for a road trip.



### FABULOUS FOOD

What's that mouth-watering aroma wafting across Toronto's Woodbine Park? It's the **Toronto Food Truck Festival** and those mobile kitchens are serving up sizzling snacks (think dumplings, tacos and fritters) from August 4 to 7.

Here's something for crustacean lovers to dig their claws into. The **PEI International Shellfish Festival** is celebrating its 25th anniversary, September 14 to 17, at Charlottetown's Event Grounds. Load up on lobster rolls or watch the shucking championship to learn best-in-show techniques.



### GREAT TUNES

Regina's Victoria Park comes alive with free daytime concerts on four stages—plus a designated children's area, vendors' market and beer garden—during **Regina Folk Festival**, August 11 to 13.

Creativity prevails at the **Manitoba Electronic Music Exhibition**, June 8 to 10, with innovative workshops and performances by cutting-edge local musicians and artists.



### ARTS AND CULTURE

When it comes to summer fun, there's more to Alberta than the legendary Calgary Stampede. The **Grande Prairie Night Market Festival** (June 23 to 25, July 14 to 16, August 11 to 13 this year) is an all-ages celebration of community and diversity through food and crafts, plus live performances.

And finally, stroll through picturesque Queen's Royal Park in Niagara-on-the-Lake and take in the juried show of more than 80 artists and artisans at **Artistry by the Lake** on the first three days of July.

—Beth Hitchcock

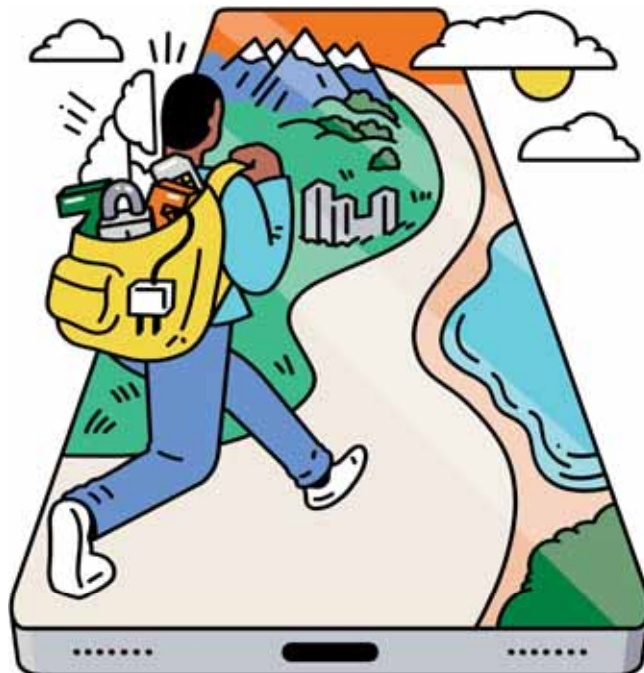


**Join the celebration.** A CAA Travel Consultant can help you find more cross-country fun. Visit [caaniagara.ca/travel](https://caaniagara.ca/travel) to learn more.

# The Wired Wanderer

Stay connected safely, even when you're far from home.

By Jen Mallia | Illustration by Sam Island



**DOES THE THOUGHT** of travelling and not being tech-connected (or getting hacked!) terrify you? Here's how to protect yourself online when you're on a trip, whether for work or for a vacation.

## ROAMING CHARGES

The bane of many a traveller's existence, high roaming charges can take the shine off an otherwise productive work trip or a relaxing vacation. Canada's wireless rates are among the highest in the world, according to a survey conducted earlier this year by Rewheel, a telecom research company based in Helsinki.

Make it easy on yourself by investing in a dual-SIM phone, such as the Samsung Galaxy S22+ or the Apple iPhone 13 Pro Max. Then pick up a SIM card at your destination, which would allow you to use your phone via a local number and service provider, as well as check your home number in Canada for messages by toggling between the two SIMs. You can even forego roaming charges altogether by relying on apps like Signal and WhatsApp to make calls and send text messages.

## KEEP IT PRIVATE

More than 70,000 cyber-crime incidents were reported to police in 2021, according to Statistics Canada. But there are ways to stay cyber-safe. When you use your devices at an Internet cafe or via a shared Wi-Fi network, always assume that your data is

not secure. Consider a virtual private network (VPN) service to encrypt your information and identity when you go online. You can also set a location that is different from where you are. This avoids restrictions based on geography, involving sites that let you log in only from your home province. Look into subscription services such as NordVPN, Surfshark and ExpressVPN.

## ARRIVE PREPARED

Make sure your devices have enough battery power when you arrive at your destination, so you can access your reservations, maps and travel documents. Take advantage of power ports on the plane or at the airport. And for convenience and peace of mind, purchase a portable power bank.

## LOCKED AND LOADED

Look for compact, lockable bags with slash-proof panels and RFID-blocking material to safely stash your devices as well as travel documents and currency.

Keep these tips in mind, whether you're travelling for work, you've opted for a digitally nomadic lifestyle or, perhaps, you just want to stay connected while away for the weekend. Speak to a CAA Travel Consultant when planning your next trip. Or stop by for a visit—many of our locations carry essential travel gadgets and gear. **CAA**



**CAA has your tech covered!** Purchase CAA Travel Insurance to cover your baggage and personal effects while you travel. See [caaniagara.ca/travelinsurance](https://caaniagara.ca/travelinsurance) for details.



# Thwarting Car Theft

New technologies promise to combat thievery, but can any car really be secure?

By Jeremy Freed | Illustration by Damien Weighill



**AS ANYONE** who has recently driven a new vehicle knows, our cars and trucks now come loaded with a raft of high-tech features to make driving easier and safer. Despite these advances, however, even the smartest of modern vehicles is still a target for car thieves, and theft rates are on the rise, and significantly so in urban areas, like Toronto and Montreal.

As the internal systems of cars become increasingly sophisticated, so too have the methods of thieves to evade them. Common theft techniques now include easily available electronic devices to “clone” nearby key fobs, allowing thieves to enter a vehicle and drive off with it in a matter of minutes. Cars are then either sold for parts or loaded onto shipping containers for export overseas, making them next to impossible to recover. (Tip: Keep keys in a Faraday Bag, which blocks RF signals, so thieves can’t intercept them.)

While no vehicle is theft-proof, some automakers offer enhanced systems for added security. Honda’s stolen-vehicle locator—HondaLink™, offered by subscription on newer models—uses GPS technology

to assist authorities in finding stolen cars. GM’s OnStar system can remotely slow down a stolen vehicle to hamper a thief’s getaway. Other add-ons, like BMW’s Drive Recorder and Tesla’s Sentry Mode, turn a vehicle’s cameras into a surveillance system that can capture thieves in the act.

Automakers are also responding to high-tech thievery in more direct ways, notes Sam Abuelsamid, a mobility analyst at consulting firm Guidehouse Insights. “What we’re starting to see now is something known as ultra-wideband [UWB] technology,” he says. By using a complex and precise system of communication between the fob and the car, UWB is more difficult to fool than previous generations of remote fobs, he explains. “It identifies you and authenticates where you are before it’ll unlock the door and start the car, so it’s a much more secure system.”

Other security features Canadians can expect in the coming years are biometric scanners like the ones found on smartphones. “I think biometrics is probably going to be the next big thing that we see roll out more broadly,” Abuelsamid

predicts, noting that the technology is already available in the Genesis GV70 SUV, which uses a fingerprint reader to identify authorized drivers.

Despite these advances, our cars’ reliance on wireless networks invites opportunities for thieves to hack them. “The more points of connectivity you have, the more potential there is for bad actors to get in and do anything, from stealing your data to disabling your car with a ransomware attack,” Abuelsamid says. The auto industry is aware of these weaknesses, he says, and manufacturers are taking action.

For now, authorities suggest investing in visual deterrents, such as a steering wheel lock—though a determined thief can deactivate these quite easily. “I would suggest making the vehicle less attractive,” says Ryan Peterson, manager of automotive services for the CAA Club Group, “meaning, parking under a light or in a secured garage. Thieves want the lowest risk with the highest payoff.”

In this era of increasingly high-tech cars, it turns out that low-tech measures remain as effective as ever. **CAA**



**QUESTIONS ABOUT YOUR CAR INSURANCE?** Speak to a CAA Insurance Agent to review your policy and ensure you have the best coverage at the best rates. Visit [caaniagara.ca/autoinsurance](https://caaniagara.ca/autoinsurance) for details.

# North Island Time

With its diversity of dramatic landscapes and natural attractions, New Zealand's North Island is a place made for lingering.

*By Truc Nguyen*

This page: Wai-O-Tapu Thermal Wonderland, with its vividly coloured pools, is just a short drive from Rotorua; opposite page: Auckland, New Zealand's largest city, offers culture, shopping and fine dining—with beaches, rainforests and wineries nearby.



**SITTING ON THE WHITE SAND** at Onetangi Beach—amid dazzling turquoise waters, colourful wildflowers and boldly painted food trucks serving up smash burgers and fresh ceviche—it takes me mere minutes to fall hard for Waiheke Island. But it takes much longer to experience all that northern New Zealand has to offer.

With 600-plus islands and more than 15,000 kilometres of coastline, there's so much to explore in New Zealand that it's difficult to check off the highlights of even just the North Island within a visit of one or two weeks. Why cram those top sights into an intense multi-day road trip if you can swing a leisurely extended stay?

Some destinations are simply too special to rush through. And, trending alongside flexible time-off plans and remote-work scenarios are extended, or long-stay, vacations. Embracing a slower pace of travel means not having to choose between restful beach days and exciting cultural experiences, both of which northern New Zealand offers plenty.

Long stays also make it more worthwhile to travel great distances. After all, it's not easy to make it to Aotearoa, or "land of the long white cloud," as New Zealand is known in Māori. It takes more than 13 hours to fly directly to Auckland from Vancouver, and you might need a day or two to get over jet lag.







And although the North Island is relatively compact (it's a little larger than the island of Newfoundland), its winding hilly roads can add to your driving time, and unpredictable weather can sidetrack even the best-laid plans (tip: pack, expecting to experience three seasons in a day).

Start your journey in Auckland, the largest city in New Zealand and a hub for travellers. Rent a car and head south to the city of Rotorua and its numerous tourist attractions, then to the Northland to explore stunning subtropical beaches and fascinating historical sites.

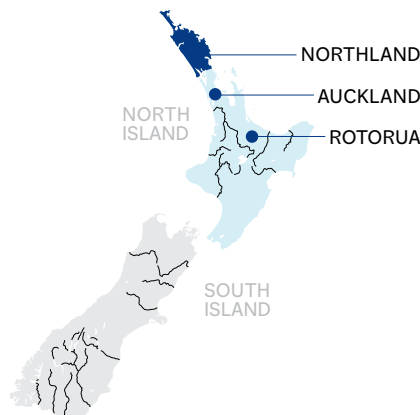
## AUCKLAND

The city's corporate core has many hotels and apartments for rent, but you can also opt for a charming bungalow or spacious villa in the trendy suburbs of Ponsonby or Grey Lynn as your home base. Your urban forays must include the Auckland Art Gallery, shopping at the designer boutiques of Britomart and a sunset hike up Mount Eden. Spend evenings mingling with the locals in the neighbourhood bars and restaurants near your rental.

Pick a sunny day to take the 40-minute ferry ride from downtown Auckland to picturesque Waiheke Island for glimpses of olive groves and vineyards, pristine white sand beaches and brilliant blue waters around every bend. Reserve a Saturday morning for the famous Matakana Village Farmers' Market, which is worth the hour-long drive north of the city, especially if you make time to visit Matakana Oysters and Sawmill Brewery.

## ROTORUA

One could easily spend a week or more sightseeing in and around Rotorua, which is almost three hours south of Auckland. Known for its geothermal activity and (sometimes strong) sulphur smell, this city also boasts world-class mountain biking trails. Get hands-on at a geothermal reserve and mud spa, go on a treetop walk in a redwood forest and watch a Māori cultural performance. From Rotorua, it's an easy day trip to iconic tourist attractions, such as the Hobbiton movie set and the eerily lit Waitomo Glowworm Caves.



Visitors can boat through Glowworm Grotto, illuminated by thousands of tiny gnat larvae.



This page, left: the Auckland Art Gallery houses the largest permanent collection of New Zealand artworks; opposite page: hike through Waitakere Regional Park to Kitekite Falls, a stunning place for a swim.







The Bay of Islands is a subtropical beach paradise in what's called the "winterless north" of New Zealand.

## NORTHLAND

In the subtropical Northland region, about three hours north of Auckland, are beautiful orchards of persimmon, kiwifruit and mandarin trees—and more picture-perfect glorious beaches. Take a scenic hike through a forest of majestic kauri trees, past stunning waterfalls. Stop by the Waitangi Treaty Grounds, where the country's Declaration of Independence was signed in 1835. Admission tickets are good for two consecutive days, so you can take in, at your own pace, the site's heritage buildings and two museums to find out more about Māori history and culture.

Stay a week or longer in each of these regions to explore the bounty of beaches and charming small towns. Having enough time to visit a destination's bucket list of attractions and stumbling upon under-the-radar local gems—that's the best part of the long-stay vacation. **CAA**

## BEFORE YOU GO

- Canadian passport holders need an approved electronic visa waiver, called a New Zealand Electronic Travel Authority (NZeTA), to board their flight. Note that the application process can take more than 72 hours.
- Travellers planning to stay longer than three months must apply for a visitor visa, which takes at least 44 days to process.
- In New Zealand, travel insurance is required for some visa categories and is recommended for visitors using the NZeTA visa waiver.
- We recommend purchasing travel insurance as soon as you book your tickets. Our vacation package plans include full coverage to protect you from the costs of medical emergencies, trip cancellation and delays, as well as lost or damaged baggage.



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PHOTOGRAPHY (THIS PAGE) ALSTAIR GUTHRIE







## More Places to Linger

Five favourite long-stay destinations

**PORTUGAL** One of Europe's more affordable attractive destinations—sunny weather, wonderful beaches and lovely towns tiled with the world-renowned *azulejos*—Portugal is popular with travellers who want to stretch their trip time—and their budget.

**OAXACA CITY, MEXICO** A vibrant hub of Mexican architecture, food and Indigenous arts and culture, this high desert city is flanked by mountains, with scenic drives to nearby mineral pools, waterfalls and the Zapotec pyramids of Monte Albán.

**NEW ORLEANS, LOUISIANA** Stroll through historic neighbourhoods in the birthplace of jazz, including Tremé, the stately Garden District and the French Quarter where every night's a festival of music and spicy Creole food.

**MALTA** With its ancient history, stunning coastline and year-round balmy temperatures, this archipelago is a magnet for divers and boaters, as well as travellers interested in exploring megalithic temples.

**VICTORIA, B.C.** Spend a few weeks in Canada's Garden City. Start downtown with afternoon tea at the Fairmont Empress, then explore the many surrounding ecological reserves and beautiful shoreline.





# Rock My World

Take a trip from Newfoundland's capital to a rocky remnant of France.

*By Valerie Howes*

**S**T JOHN'S is a delightful mix of contradictions and complements—large enough to offer vibrant food and cultural scenes, yet small enough to explore by foot in a couple of hours. Between the colour-pop houses of Jellybean Row and the possibility of spotting icebergs, seals and spouting whales near coastal trails, this city had me hooked right from my first visit.

The streets of St. John's are built at angles fit for ski slopes, and the weather gods cycle through every season most days, but nothing stops the locals from getting out and having fun. Live music festivals, wharf-fresh seafood and friendly banter at every turn keep visitors coming back year after year. For this trip, I'm eager for new experiences at rural spots just outside of the city and an excursion to Saint-Pierre and Miquelon—two pebbles on a rocky archipelago off the coast of Newfoundland.



Welcome sights: Picturesque rocky outcrops on St. John's Harbour (top) and candy-hued homes (above) on Jellybean Row.





PHOTOGRAPHS: (OPPOSITE PAGE, TOP TO BOTTOM) SHUNYU FAN/ISTOCK; (THIS PAGE, TOP TO BOTTOM) COURTESY OF ALT HOTEL; COURTESY OF ST. JOHN'S FARMERS' MARKET; CELESTE MAH/COURTESY OF PORTAGE

## ST JOHN'S AND BEYOND

One of the best ways to get to know a place is through its food, and so I start off by venturing down to dine bar-side at Terre, a restaurant that's located conveniently (for me), in the lobby of the Alt Hotel, where I am staying. Chef Matthew Swift, whose pedigree includes stints at Montreal's Joe Beef and Le Vin Papillon, helms the kitchen and is committed to the wild, farmed and fished resources of the region. The herbs, garnishes and greens are as local as it gets—Swift grows them on the hotel deck in his greenhouse and garden.

To delve deeper into Newfoundland's foodways, I take a 45-minute drive to Lori McCarthy's woodland home, in Mobile, on the Avalon Peninsula.

McCarthy is a forager, outdoorswoman, award-winning author and host of the culinary-adventure TV show *The East Coast Forager*. Her Food Culture Place residencies get people rolling up their sleeves to try everything from pickling to butchery to campfire-making—with lots of stories and sampling along the way.

Shortly after my arrival, McCarthy hands me an antique teacup (her grandmother's) to fill with an infusion of my own

choosing. Her red setter, Tessa, looks on as McCarthy and I chat while preparing a lunch spread of stove-top beans, golden-topped cod cakes and warm baked goods with tart partridgeberry jam.

Another of the interesting communities near St. John's is Petty Harbour—only 15 minutes away and the birthplace of award-winning musician Alan Doyle. These days, it's home to Janet Harron, a craft-vinegar maker who gives heritage tours.

Harron strides through Petty Harbour in combat pants, her long silver hair flying from beneath a bucket hat, as she shares insider stories of community life. We take in the bridge that once divided Catholic and Protestant residents and the Fishing for Success building, where wooden boat and handline fishing traditions are kept alive. Our tour ends inside the Petty Harbour Fisherman's Co-Operative Society building, where Janet makes her stout-fed vinegar. I sample the sharp and caramelly condiment, while looking at black and white photos of local scenes, including cheeky kids cutting cod tongues at the fish plant for pocket money.

That evening, I have reservations at Portage, a new St. John's restaurant opened by alumni from Raymonds, the recently shuttered fine-dining spot that put Newfoundland cuisine on the world map.

The Portage menu draws on the Asian culinary heritage of chef Celeste Mah, as well as the local sensibilities of Newfoundland-born-and-raised Ross Larkin, season 6 winner of *Top Chef Canada*. Here, the kelly green dining room is homey, the servers chatty, and the dishes made for sharing.

On my last day in the city, I go shopping. At St. John's Farmers' Market, I browse stamped butter knives, cardamom-infused sugar cubes and colourful hand-stitched journals.

Later, I head downtown to Rosemill Antiques & Collectibles, on the recommendation of friends. "We sell everything here, from a baby's fart to a clap of thunder," says owner Rick Clarke.

Clearly, this place is full of treasures—just like the city itself.



## STAY

Alt Hotel St. John's

125 Water St.

[germainhotels.com/en/alt-hotel/st-johns](http://germainhotels.com/en/alt-hotel/st-johns)



## SHOP

St John's Farmers' Market

245 Freshwater Rd.

[sjfm.ca](http://sjfm.ca)



## EAT

Portage

128 Water St.

[portagenl.ca](http://portagenl.ca)



Saint-Pierre's harbour (left); dining options (below) include Roc Café, which serves up delicate origami-style buckwheat crêpes.

# Mais, Oui!

Three days on the French islands of Saint-Pierre and Miquelon.

**AFTER A 45-MINUTE FLIGHT** from St. John's (Canadians don't need a passport, just valid photo ID), I arrive at my hotel in Saint-Pierre. Les Terrasses du Port SPM looks out to a bustling harbour—only this time, with French flags and names like Marcel and Marie painted on the boats. Saint-Pierre is the smaller of the two main islands in this self-governed, French-owned archipelago. It's also the most urban—in the loosest sense of the word—with a population of about 5,300. Summer visitors to these islands include dolphins, orcas and puffins—as well as francophiles eager to spend their euros on fresh-baked croissants and stinky cheeses.

Saint-Pierre and Miquelon had its heyday during Prohibition, when islanders supplied booze from their “wet” French territory to be smuggled to the dry U.S.A. Today tourism and fishing are the main economic drivers. Keen to understand the history of this distinctive place, I start my visit at Le Musée de l'Arche.

My legs tremble as I stand by a guillotine as tall as an NBA star and listen to my guide recount the sole public execution in these parts. It was the first and last time the guillotine was used in North America.

I examine stone microblades, chiselled for skinning animals, as I read about the

Indigenous peoples who came to hunt, fish and gather here millennia ago. And I take in treasures recovered from some of the 600-plus shipwrecks on record from the past 200 years—the North Atlantic doesn't play around on stormy days.

Later that day, crossing lichen-covered rocks over tree-less terrain, I'm able to put the history and culture of this place into its geographical context, thanks to my guide, Gilles Gloaguen, of Escapade Insulaire.

As I take in undulating landscapes carved by melting glaciers, Gloaguen points out a soaring trio of bald eagles. We pick wild cranberries as we hike and chat about the fishing grounds, the semi-wild horses that roam in herds, the challenges of farming on a rock, and the presence of white-tailed deer and snowshoe hares that were introduced for hunting.

To get a taste of local heritage crafts, I spend my final morning at Chez Rika Simon, a studio-boutique redolent of leather and sparkling with handcrafted necklaces and earrings. While Erika Simon tells me all about the elderly lady who was Saint-Pierre and Miquelon's last fish-leather tanner, I pick out pieces of cod and calfskin for a craft project. Next, I learn to trace, cut and stitch the leather to create my own luggage tag.

Simon's love of reviving traditional techniques and materials to make contemporary objects ties into a bigger dream for this young mother of two—keeping the distinctive local culture alive and relevant. When her kids run through the door at noon (the whole island stops for lunch *en famille*, French-style), I can't help thinking they have the best of all worlds. **CAA**

## Where to Eat in Saint-Pierre

Before heading out for a meal, make reservations, as restaurants here tend to get fully booked. And they keep French hours—noon to 1:30 p.m., then, 7 p.m. onwards—so plan your day accordingly.

- In the wood-panelled bistro **Les P'tits Graviers**, the crispy-edged beef entrecôte comes with pan-fried potatoes and melted-Roquefort dipping sauce so tasty I mopped up every last smear.
- **Le Feu de Braise** serves the silkier crème brûlée, whose torched top shatters satisfyingly at the tap of a spoon.
- Meanwhile, perfect for a late *petit déjeuner*, **Roc Café** offers up paper-thin buckwheat crepes filled with molten goat cheese, locally cured bacon and a sunny-side-up egg, then folded like origami.



PHOTOGRAPHS (TOP TO BOTTOM) SKYFI/ISTOCK; COURTESY OF ROC CAFÉ



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# Testing the Waters

Volunteer stewards work to protect our freshwater lakes, rivers and streams.

*By Jennifer Smith Nelson*

Many of us look at a lake in summer and see peace and inspiration—a place for boating, swimming or just a little bit of relaxation. For others, the relationship goes much deeper. When Max Abraham looks out across Saskatchewan’s Pike Lake, about 20 minutes south of Saskatoon, he sees home.

“You look at it a little differently when you live there,” he says. Abraham and his neighbours take pride in the habitat they share with walleye, pike, perch and other species. These folks recognize that their lake is a vital resource that sustains wildlife and provides food as well as opportunities for recreation—and they work hard to keep it that way.

Abraham, a retired school principal with a passion for the outdoors and the environment, does his part with the Pike Lake Cottage and Watershed Association. As a former president of the association, he has volunteered alongside his community to monitor water levels, rehabilitate the shoreline and raise funds for their initiatives. They also collaborate with the water security agency and scientific community to study the lake and participate in watershed

“

**These folks recognize that their lake is a vital resource ... and they work hard to keep it that way.**

planning. All these projects rely on data, mostly collected by residents. “Almost everyone who lives out here has been a volunteer at some point,” he says.

Across Canada, volunteer stewards play an essential role in their communities. They dedicate time and knowledge to ensure that the ecological health of lakes, rivers and waterways is preserved. They advocate, fundraise and do community outreach—or become citizen scientists monitoring algae bloom and invasive species, measuring levels and testing water quality.

“Volunteers can get out more often, and the assessment is easy to do and does not require a science background,” says Kerry Royer, community engagement specialist with Niagara Peninsula Conservation Authority. Citizen science apps such as iNaturalist and eBird are easy-to-use tools that help collect that data.

Citizen scientists in the Niagara region use the Visual Assessment Survey Tool (VAST). This program was developed by Kiersten McCutcheon, coastal science

PHOTOGRAPHS (THIS PAGE) TESSA ANDERSON (OPPOSITE PAGE, TOP TO BOTTOM) COURTESY OF NIAGARA PENINSULA CONSERVATION AUTHORITY; YIPING ZHANG





(Left) Volunteers attend a workshop hosted by Nova Scotia's Mattatall Lake Stewardship Association. (Below) Pike Lake, south of Saskatoon, is monitored by local residents committed to ecological health. (Opposite page) A citizen scientist photographs the shore of Lake Erie, at Morgan's Point Conservation Area, as part of the Visual Assessment Survey Tool program.

## Ways to Help Maintain Lake Health

- Reduce the use of high-phosphorus fertilizers and detergents that can encourage the overgrowth of lake algae and aquatic plants.
- Go slow when boating near the shoreline—the wake can cause erosion.
- Don't flush medications or chemicals down the toilet.
- Preserve existing shoreline vegetation. It helps fend off erosion, filters water and prevents flooding.
- Keep septic systems clean and sealed to prevent pathogens from seeping into groundwater.

coordinator at Niagara Coastal, a non-profit group that trains volunteers to collect data throughout the Great Lakes region. Volunteers snap photos of the shoreline, which helps researchers track changes. “The VAST program adds even more data, and the more data you have, the better,” notes Royer. Pictures are powerful tools—seeing is believing when it comes to education, advocacy and policy change.

Often, water-quality issues aren't addressed until they reach a noticeable state. In September 2014, Mattatall Lake in northern Nova Scotia turned an abnormal pea green colour due to blue-green algae bloom, and the local community took action. “Our lake was not very built up and we didn't expect this,” recalls Donna Spracklin, who stepped up as volunteer president of the Mattatall Lake Stewardship Association. Prior to 2014, residents had noticed some green globs but didn't realize how quickly the toxic algae can spread. “We were naive and ignorant,” she says.

Once aware of the severity of the issue,

more than 50 residents rallied to raise funds for research, in conjunction with Dalhousie University and the Nova Scotia Department of Environment and Climate Change. The algae bloom eventually abated, but the community's work has not. Residents continue to monitor water quality and educate themselves about aquatic plants and other species that share the lake. A volunteer collects data about the lake's declining loon population and shares it with Birds Canada, the country's national bird conservation organization. Floating platforms were built to support loon nests. Initial attempts were unsuccessful, but more elaborate platforms are in the works for this summer.

“We need to learn to live more within the natural environment to allow our native species to maintain their home there, too,” says Spracklin. “We need to share.”

It's a need that flows beyond the borders of Canada's lakes. With 20 percent of the world's freshwater in our care, we're all responsible for sustaining its health—one test tube at a time. [CAA](#)



# The Truth about EVs

Time to set the record straight about some common electric-vehicle myths.

*By Matt Bubbers / Illustrations by Jack Daly*

**AS WITH ANY NEW TECHNOLOGY**, people tend to cling to misconceptions based on misinformation and popular myths—until they have the opportunity to experience it for themselves. Electrical vehicles are no exception. Drivers want to know how EVs stack up against traditional internal combustion engine (ICE) vehicles. We're here to bust, and/or confirm or qualify some of the common perceptions about EVs.

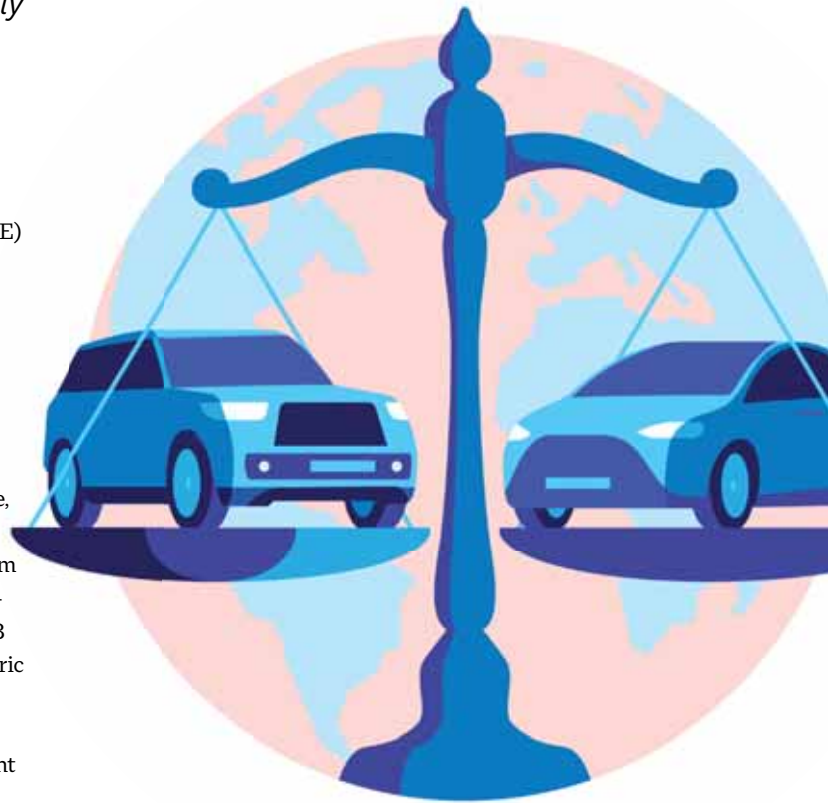
## **EVs ARE NO BETTER FOR THE PLANET THAN ICE VEHICLES**

### **FALSE**

The bottom line: A typical EV will emit, over the course of its life, lower levels of greenhouse gases that impact climate change, compared to an equivalent ICE (gas-powered) vehicle. When considering life-cycle emissions—"cradle to grave" emissions from suppliers, along with manufacturing, logistics, driving and eventual recycling—Volvo found that its gas-powered XC40 emits 58 tonnes of carbon dioxide equivalents (CO<sub>2</sub>e), while the all-electric XC40 Recharge emits less, at 27-54 tonnes. The large variation comes down to the source of power going into electrical grids.

An EV charged by wind-generated electricity emits 73 percent less CO<sub>2</sub>e than its ICE counterpart over 200,000 kilometres. There is no data for Canada, but on Europe's current electrical grid, the EV emits 25 percent less than its ICE counterpart. And, since Canada's grid is less carbon-intensive on average than Europe's, an EV would be an even cleaner choice here.

Of course, that doesn't mean you're doing the planet any favours if you replace a fuel-sipping Toyota Prius hybrid with a Hummer EV—but like-for-like, yes, EVs are better for the environment.



## **MANUFACTURING EVs IS CURRENTLY DIRTIER VERSUS ICE VEHICLES**

### **TRUE**

Yes, the manufacture of EV batteries is a very carbon-intensive process. According to a report by Volvo Cars—which produces EVs and ICE vehicles—total emissions from materials production and refining for its battery-powered SUV is roughly 40 percent more than for its gas-powered equivalent. The battery alone in Volvo's electric XC40 Recharge SUV is responsible for 10 to 30 percent of its total carbon footprint. New types of EV batteries have the potential to be far less carbon-intensive, and powering battery production with clean electricity can lower emissions, too. Volkswagen Group's battery subsidiary, PowerCo, recently chose St. Thomas, Ont., as the site for its first North American cell-manufacturing plant, in part because of the region's access to clean electricity. The take-away? Yes, for now, manufacturing EVs is dirtier than manufacturing gas-powered (ICE) vehicles. But change is coming.





## THERE AREN'T ENOUGH PUBLIC EV CHARGERS

### TRUE (BUT IT'S COMPLICATED)

Today, the vast majority of EV owners charge at home or at their workplace. As EV adoption progresses, however, and more people without access to at-home charging jump on the EV bandwagon, there will be a need for more public chargers—millions more, according to some estimates.

Canada's public charging network is growing—by almost one-third last year, based on research by *Electric Autonomy Canada*, a Toronto-based online publication that reports on EVs and autonomous transportation. As of March, there are more than 20,000 charging ports in the country. The big question: Is public charging infrastructure growing fast enough to meet demand?

The European Union recommends one public charger per ten EVs. The Canadian Vehicle Manufacturers' Association, an auto-industry lobby group, reported that, as of 2020, Canada had 0.06 public chargers per one EV, which is lower than the E.U. average of 0.09. A 2022 study commissioned by Natural Resources Canada found a need for "significant acceleration in charging infrastructure deployment over the next five to ten years." Tesla is an exception since it has its own nationwide charging network that's already extensive.

"While commercial charging infrastructure is not where it needs to be, the reality is that 90 percent of most consumer travel happens within small ranges of distance—to work and home, to the grocery store, out on weekends, etc.," says Colin Fritz, director of automotive services at the Alberta Motor Association. Whether there are enough public chargers for your specific needs ultimately depends on how, where and what you drive.



“

**EV batteries degrade too, but they're designed to last much longer—longer even than most buyers keep new vehicles.**

## EV BATTERIES DON'T LAST

### FALSE

Most of us have experienced the joy of getting a new smartphone—and the anguish of watching its battery degrade until it no longer lasts through the day. EV batteries degrade too, but they're designed to last much longer—longer even than most buyers keep new vehicles. Check with the manufacturer, but EV batteries should be warranted for at least eight years or 160,000 kilometres, at which point they must still have at least 70 percent of their original capacity.

Degradation was a serious problem for would-be buyers when EVs had 200 or 250 kilometres of range. Modern EVs now have 400 to 800 kilometres of range, so degrading batteries are less of an issue (at least, for new-EV shoppers; used-EV buyers should evaluate battery age).

"When your battery goes, it doesn't just fail one day," notes Ryan Peterson, CAA's manager of automotive services. "You lose a bit of range, but it's not like an engine [that] you've got to rebuild when it goes."





#### CHARGING TAKES TOO LONG

##### FALSE (IN MOST CASES)

Since EV drivers typically recharge their vehicles at home, overnight, recharging is quick. Every morning, you wake up to a fully charged car.

For other, rarer scenarios—a road trip, for example—or for EV drivers without access to at-home charging, public DC fast chargers can juice a vehicle's battery from near-empty to 80 percent in 30 to 40 minutes. In many cases, you can get enough of a recharge in the time it takes you make a pit stop for a bathroom break and a coffee.

Charging technology is improving, too. For example, the soon-to-be-released Chevrolet Silverado RST pickup is equipped with 350-kilo-watt (kW) DC fast-charging. Ten minutes gets you up to 160 kilometres of driving range. The caveat is that there aren't many ultra-fast 350 kW chargers in Canada, at least not yet.



#### EVS ARE BORING TO DRIVE!

##### FALSE

Just take one out for a spin, preferably on a race-track. The bark of a flat-plane-crank V8 engine and the howl of a high-revving V12 are glorious sounds, but the spooky spaceship whirr of an EV warping towards the horizon never fails to evoke some strong emotions...and audible expressions of wonder.



#### Questions about EVs?

Visit [evbuyersguide.caa.ca](http://evbuyersguide.caa.ca) to learn more.

## As I'm driving 5,000 kilometres to Canada's East Coast and back, my EV anxieties are melting away.

*By Ryan Peterson with Matt Bubbers*

For my wife and me, this would be our first real road trip in an electric car—a 5,000-kilometre East Coast adventure in our Tesla from our home, north of Toronto, to Quebec, New Brunswick, Prince Edward Island and Nova Scotia.

I won't lie. Without any experience at all with Tesla's Supercharger network, I had driving-range anxiety. I didn't know how charging would work on a long road trip. Before leaving Toronto, I was mapping the whole itinerary, pricing out the charging, figuring out where we're going to stop and for how long. I would need to charge the battery to 100 percent at every stop. Turns out I was wrong.

We bought our Tesla Model Y in May 2022. Then, last August, we decided to take this East Coast trip. On day 1, our destination is Quebec City, 800-plus kilometres away. Our EV officially now has 512 kilometres of driving range.

We get in the car, punch the hotel addresses into the navigation system, and the whole journey is routed for us. Our first charging stop will be in Belleville, for seven minutes, the system tells us. As we are driving along, it notifies us that the charging station is getting pretty busy, so we're going to charge in Kingston instead. We are automatically rerouted. How cool is that?

We pull up to the chargers in Kingston, which are right off the highway. We time a bathroom break plus some shopping at the convenience store close by. In 12 minutes, we're ready to go—and so is the Tesla. The battery was recharged to about 60 percent. We hit the road and the navigation system routes us to our next charging stop, about 300 kilometres away, in Montreal.

When we arrive in Quebec City that night, the battery has just 10 percent power remaining. At the hotel, we plug in for free, and by morning, the car is fully charged.

After that first day, I realize how stress-free an EV road trip can be. My initial range anxiety was unwarranted. No major detours are required to get to a charging station. And Parks Canada has installed EV chargers, allowing us to power up at Green Gables Heritage Place in P.E.I. and along the Cabot Trail in Nova Scotia.

As well, all through our trip, the hotels we'd booked offer free EV charging, and we also ended up at these wonderful sites we wouldn't have found otherwise. Driving in a Tesla gives us access to Tesla's extensive Supercharger network. On the road, we also meet drivers in other EV models who express frustration with the lack of good working chargers. Clearly, there's a need to improve the EV-charging infrastructure in Canada for drivers of all brands of electric vehicles.

Meanwhile, returning home to Toronto, I pull into our driveway, not knowing how much driving range is left on the Tesla. I don't bother looking at the battery gauge.

And to this day, I still don't.



# Easy access to services is key to SHARE-ing

A client-focused non-profit in Niagara keeps its community fed, housed and healthy.

By Yuki Hayashi | Photograph by Jason Haywood

**FOR MOST CANADIANS**, the past few years have posed many challenges, ranging from inflation to the rise in housing costs. In Niagara Falls, Project SHARE has stepped up to meet the specific needs of its community.

Since the onset of the pandemic, in 2020, this non-profit has served more than 6,000 new clients in the region. “We are seeing an alarming increase in individuals using our services and [we] are dedicated to adapting to meet their needs,” says Pamela Sharp, executive director of Project SHARE.

The 30-year-old organization employs a five-step approach, dubbed “five to thrive”—food assistance, homelessness prevention, healthy-living programs, education and job training, and seasonal support (such as back-to-school supplies and Christmas gifts).

Access to Project SHARE as a well-known food bank is what typically brings people through its doors. But as a multi-service agency with 17 programs and services, it addresses community needs beyond food. At the heart of it all is a client-centred approach. “Our goal is to make accessing services as dignified as possible,” notes Sharp, “with clients only having to tell their story once.”

This focus on clients extends to the volunteer program. For Niagara Falls resident Anita Smith, volunteering after retiring is a way to make a meaningful contribution to the community while also learning new skills. Though she attends the charity’s bingo games and special events, Smith cherishes most the time she spends in Project SHARE’s food facility. “This is a place where volunteers work directly with [clients who] do their ‘shopping,’ and there, I learn their stories.”

Smith wishes that people are more aware of and compassionate



Executive director Pamela Sharp in the charity’s food facility.

about the challenges faced by those in need. “If you talked to 100 Project SHARE clients, there would be 100 different stories. Nobody wakes up and says, ‘I think I’ll be hungry or homeless today.’ ”

According to Sharp, children comprise 32 percent of Project SHARE users. Over the past year, participation nearly doubled in the back-to-school initiative, she reports, while demand for the Christmas program increased by 32 percent.

“ If you talked to 100 Project SHARE clients, there would be 100 different stories.

To address the region’s food security issue, the non-profit planted three community gardens this spring, so families can grow their own produce. Volunteers help tend to the crops and, during the growing season, workshops share tips on pesticide-free-gardening, cooking and food preservation.

Demand for Project SHARE’s services remains strong, and so is the willingness of the Niagara community to help neighbours in their time of need. **CAA**



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

Contact us at [magazine@caaniagara.ca](mailto:magazine@caaniagara.ca). We’d love to hear about it!

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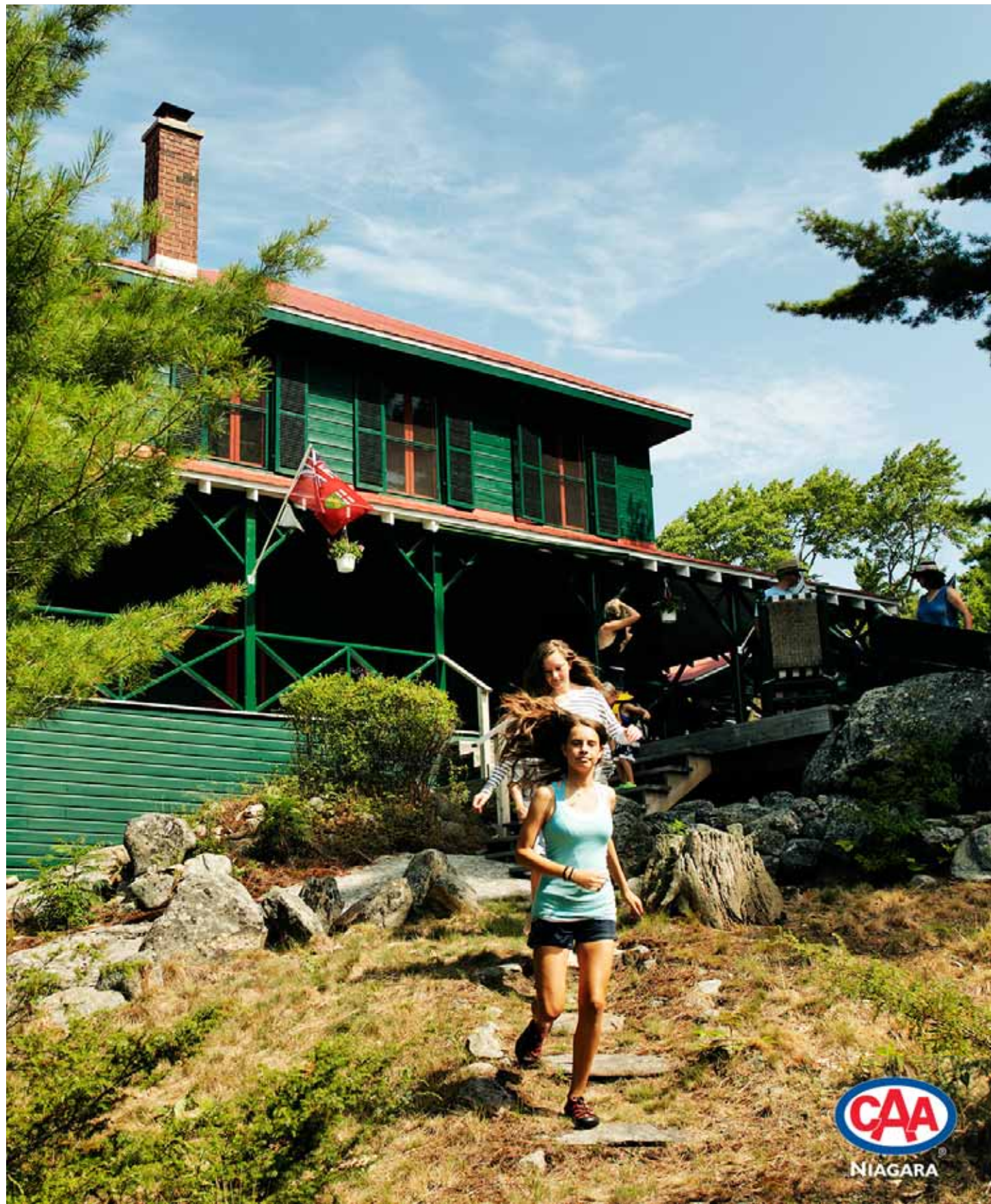
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retirement living

Boardwalk at Elliot Lake boat launch



MEMBER REWARDS, OFFERS AND EXCLUSIVE SERVICES

# INSIDER



SUMMER 2023





# Summer Fun with CAA

Plan for the best summer ever.

**USE YOUR CAA** Membership Rewards® to maximize summertime fun for you and your family. Get exclusive discounts and opportunities to earn CAA Dollars® when you shop, dine out or play this season.

## BACKYARD BBQ

Head over to local specialty meat store Farm Gate to Your Plate in Grimsby—and save 5% on prime cuts for the grill as a CAA Member. Plus, upgrade your outdoor dinnerware or acrylic drinkware with a great selection from Stokes and save 5% with your CAA Membership.

## FANCY A PICNIC?

Elevate your next outdoor gathering with a charcuterie board from CHZ PLZ and save 15% with your CAA Membership. Or go all out with an entire meal from Picnix Niagara—where CAA Members save 10%—and dine with your family alfresco at idyllic Queen's Royal Park in Niagara-on-the-Lake.

## BEACH TIME

Gear up for beachy days, starting with footwear that will protect your feet from the heat. Shop the CAA eStore for shoes and sandals at CAA Rewards Partners like Crocs, Joe Fresh and Ardene to earn up to 8% in CAA Dollars.

## Plan the perfect summer day.

Download the CAA Mobile App™ at [caaniagara.ca/app](http://caaniagara.ca/app) and enjoy your savings as a CAA Member.







# Take Off This Summer

Get set—go on a road-trip adventure.

**BEFORE YOU HIT** “Start route” on your GPS, consider these tried-and-true road-trip tips for a smooth, enjoyable ride.



## Pack it up

- Get organized with a packing list. And when loading up your gear, ensure that the items you need most are at the top for easy accessibility.
- If you’ve planned an overnight stay en route to your destination, pack a small bag with the essentials, so you don’t need to drag in all your luggage for the night.



## Backseat diversions

- Fend off that inevitable “Are we there yet?” from the kids by organizing drive-by scavenger hunts, I Spy and Truth or Dare. Other attention-diverting tactics are books and car-friendly games purchased online, say, from Walmart, Puzzle Master and Well.ca via the CAA eStore.
- Listen to a funny audiobook or take turns being the DJ, with everyone allotted a half-hour to play music from their playlists.



- Bring snacks that pack well, aren’t too crumbly and won’t spoil in the summer heat—for example, fruit, beef jerky and bite-sized crackers.



## Put it in park

- Elevate your rest stop. Pack a picnic in a charming basket or handy backpack cooler from Stokes. (Bonus points—including savings—for CAA Members who consider CAA dining partners New York Fries and Montana’s BBQ & Bar)
- Opt for the scenic route to add fun and interest to your journey. Plan on passing by quirky landmarks and small-town attractions.



Wherever you’re headed, be prepared with your CAA Membership Card on hand, so you can make the most of your road-trip adventure this summer and the stops along the way.

**Ready to hit the gas?** Visit a CAA Niagara Branch for trip planning advice and travel essentials.



## Tick Talk

Keep your best friend tick-free, healthy and happy.

**SUMMER OUTINGS** with your pet can have a downside: ticks. The Niagara region is a high-risk area for ticks and the diseases they carry, so do a tick check on your dog whenever you come in from the outdoors. (And don't forget to check your outdoor cat, too!)

Ticks, usually found in wooded areas and city parks, can transmit bacteria that cause Lyme disease. To check for ticks, gently run your fingers through your pet's fur, including around the eyes, ears and collar, to feel for bumps.

Ticks embed themselves into the skin and can be difficult to remove on your own, so it's best to leave the task to a professional. Pulling a tick off with tweezers may result in part of its body being left on your pet, which can lead to an abscess or infection. There are also topical products that kill ticks, but consult your vet first before trying any of them, and ask about preventative medication as well.

**Prioritize pet health.** CAA Members receive a preferred rate of 12% off on a Pets Plus Us pet insurance plan. Call 1-833-323-2452 for more information.

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Pulling a tick off with tweezers may result in part of its body being left on your pet, which can lead to an abscess or infection.

## Got car questions? We've got answers

Car expert Ryan Peterson, manager of automotive services for the CAA Club Group, answers questions from our readers.



### WHAT'S THE DIFFERENCE BETWEEN A PREMIUM TIRE AND A LESS EXPENSIVE TIRE, AND IS THE PREMIUM TIRE WORTH THE EXTRA COST?

The importance of good tires can't be overstated. I'm a big believer in premium tires. They are the direct link between you and the road. Premium tires typically last much longer than regular tires, so the cost per kilometre driven—over the lifetime of the tire—can end up being comparable. So, if it's a question of total cost, you'll come out about the same. Premium tires are also much quieter and they can improve fuel economy by a significant amount. In a way, they pay for themselves over their lifespan. But let's talk about traction because this is where premium tires demonstrate their true value. Performance on compromised surfaces (ice, snow, etc.) is noticeably superior to regular tires. That includes stopping distances too, where a few metres can make a big difference.

**Get in touch!** Email [autoadvice@caasco.com](mailto:autoadvice@caasco.com) or call 1-866-464-6448.



### WE DON'T HEAR AS MUCH ABOUT HYBRIDS THESE DAYS. WOULD YOU RECOMMEND BUYING ONE?

With all the true electric vehicle (EV) options today, hybrids now seem to be like jack-of-all-trades and master-of-none. In terms of maintenance, hybrids have all the drawbacks of both internal combustion engine (ICE) vehicles and EVs—but none of the upsides. You have to pay for regular ICE maintenance and you have a battery to take care of, too. Hybrids only save fuel at slow city speeds, so they're great for cab drivers or, possibly, people who do a lot more city driving than highway driving. It takes a lot of fuel savings to pay for the upfront premium costs of a hybrid. I usually tell people to buy an EV if their driving style warrants the purchase—check out CAA's EV Buyer's Guide ([evbuyersguide.caa.ca](http://evbuyersguide.caa.ca)) for more information. And if an EV isn't right for you, then a reliable ICE vehicle with excellent fuel economy is your best bet.



# Share the Road, Share the Responsibility

We each have a part to play in keeping each other safe.

**DRIVING IN THE SUMMER** is more than just a two-way street—roads are busy with pedestrians, motorcycles, scooters, bikes and e-bikes. And there's usually a lot of construction thrown into the mix, along with detours and traffic delays, as well as driver distractions. Everyone has to work together to ensure we all arrive at our destinations safe and sound.

"Road safety depends on the cooperation of all road users," says Kristine D'Arbelles, senior director of public affairs at CAA.

Most motorists are or have been cyclists, and most adult cyclists also drive motor vehicles, according to Statistics Canada in a recent report. The research also stated that, on average, 74 Canadians die in cycling collisions each year and 73 percent of those incidents involve a collision with a motor vehicle.

Distraction plays a role in many collisions. "All road users—regardless [whether or not] you are a pedestrian, a cyclist or on a scooter, or a driver—should always have their full attention on the road," says D'Arbelles. "Avoid distractions like cellphones when in motion."

Everyone on the road should be aware of their surroundings and have a safety-first mindset. This includes scanning ahead, exercising caution and assuming that you may not be seen or heard by other road users.

D'Arbelles recommends these tips for anyone on the road this summer, no matter your mode of transport:



## Motorists

- Slow down for cyclists (as for any other vehicle) and wait until it's safe to pass.
- Move into another lane to pass a cyclist.
- Never pass a vehicle slowing down near a crosswalk.



## Cyclists

- Ride single-file on the road. Avoid cycling on the sidewalk.
- Use a bell and hand signals to communicate with other road users.
- Come to a complete stop at intersections.



## Pedestrians

- Use crosswalks and controlled intersections where possible.
- Put away your cellphone and headphones when crossing a street.

“

All road users—regardless [whether or not] you are a pedestrian, a cyclist or on a scooter, or a driver—should always have their full attention on the road.



Electric-vehicle drivers have unique challenges on the road. EVs have powerful acceleration and are much quieter than gas-powered vehicles, so pedestrians and cyclists may not hear them coming. Drivers must be extra-vigilant and mindful of their surroundings, particularly in high-pedestrian-volume environments.

EV drivers need to exhibit the same good habits as other vehicle drivers, notes Kristine D'Arbelles, senior director of public affairs at CAA. That means looking out for potential hazards at all times. "When coming to an intersection or crossing, [drivers] should make eye contact with the pedestrian or cyclist to ensure they have seen you," she says. "This is actually a good tip for anyone on the road."



## Road Trip Worthy

Ready for long summer drives? Make sure your vehicle is, too.

**BEFORE HITTING THE ROAD** this season, you're likely stocking up on essentials—sunscreen, bug spray, snacks. What about the car? Is it road-trip-ready for you and your family?

Here's our handy CAA checklist to ensure that your vehicle is in tip-top shape for your summer adventures this year.

**Check the oil.** Full cabins and tow loads put extra strain on the engine. Check your owner's manual if you're planning to tow a boat, trailer or camper to make sure you're using the appropriate engine-oil grade.

**Inspect the tires.** Make a habit of checking your tires with a gauge—a visual check is not adequate. Under-inflated tires are prone to blowouts, poor handling on the road, and wear and tear. And check tire pressure periodically for leaks.

**Top up fluids.** It's summer-washer-fluid time, which improves road visibility by dissolving bug splatter and dust on your windshield. Coolant prevents overheating, which could result in your engine seizing up. Bring extra washer fluid and coolant in case you run low during the trip.

**Check the battery.** Summer heat is hard on car batteries. Get yours tested before

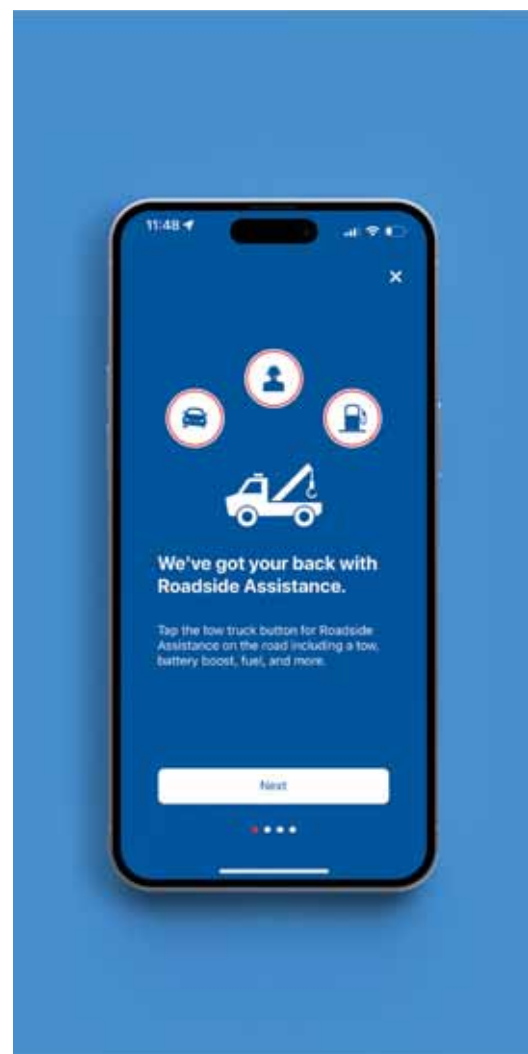
heading out. In some areas, a CAA Mobile Battery Service technician can even come to your home for an inspection.

**Get a full checkup.** To cover your bases, bring your car in for CAA's 139-point Vehicle Inspection Service at any CAA Approved Auto Repair Services facility.

**Personalize your emergency kit.** Include a first aid kit, extra food and water, a flashlight, and roadside flares or an emergency light. Keep a list of emergency numbers and contacts handy, including your insurance policy information.

**Download the CAA Mobile App™.** In case you have a flat tire, need a battery boost or get locked out of your car with your key inside, you can request for CAA's 24/7 roadside assistance anywhere in North America, right from the app on your phone.

Our CAA Mobile Battery Service will come to you to test, replace and recycle your battery. Visit [caaniagara.ca/mobilebattery](https://caaniagara.ca/mobilebattery) for details.





## ADVERTORIAL

## Heading for Savings

Young Ontario drivers can save up to 25% on auto insurance with CAA

At CAA Insurance, we've got you covered at every stage in life. We realize that young adults have limited resources but need to cope with numerous expenses, including rent, food and post-secondary costs. And auto insurance is also an important consideration for drivers under the age of 25.

This is why we're introducing CAA Head Start Discount™—an innovative new program that helps young principal drivers in Ontario save 25% on their auto insurance premiums.

If you live in Ontario and are a CAA Insurance policyholder in good standing, your children may be eligible for the CAA Head Start Discount. Recently launched, this discount can apply to new and renewing policies.

As one of Canada's long-time trusted brands, CAA Insurance has always made business decisions based on what is best for our consumers, whose interests are always top-of-mind whenever we create a new program. Head Start is part of our efforts to modernize auto insurance in Ontario while finding new ways to give back to our Members and customers.

CAA Insurance is the first in the province to help families stay safe on the road—and save money—by rewarding qualified young drivers with a 25% insurance premium discount.

As a safe driver and a customer of CAA Insurance, your children may qualify for savings on the CAA Head Start Discount. Consult one of our CAA Insurance Agents to find the auto insurance option that suits your specific needs. Give us a call at 1-855-243-5484 to speak to an agent.

Visit [caaniagara.ca/autoinsurance](https://caaniagara.ca/autoinsurance) to learn more about the CAA Head Start Discount™.



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Safe drivers have earned the right to save. We can make sure you're getting all the perks you deserve. Find out how you can save with:

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call 1-800-263-7272 or visit a CAA Niagara Branch.

<sup>1</sup>Applies to CAA Members in good standing (CAA Membership dues paid in full by Membership expiry date). 10 % savings applies to the premium excludes applicable taxes. Minimum premium applies. Excludes Visitors to Canada Insurance. 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](http://caaniagara.ca/travelinsurance) for details.





## E-Bike Tune-up

**THE KEY TO** maintaining your e-bike is finding a mechanic you can trust. Then keep these pointers in mind—and keep pedalling smoothly:

- It's essential that the battery management system, which prevents overcharging, be kept in good shape.
- An annual tune-up is recommended, particularly to ensure that the pedal-assist sensors are in working order. "A good bike mechanic will be able to measure wear on parts you may not be checking on a regular basis," notes Seann Childs, co-owner of Pedego Electric Bikes Edmonton.
- Since e-bikes are heavier than conventional bikes, maintaining proper tire pressure is important in preventing pinch flats and damage to the rims.
- Keep your e-bike clean. Built-up dirt increases the rate of wear on the chains and sprockets, which, on an e-bike, are already subject to increased force.

**E-bike breakdown?** Bike Assist is here to help. Visit [caaniagara.ca/bikeassist](https://caaniagara.ca/bikeassist) to learn more.

## Hot Tickets

Save on entertainment for the whole family.

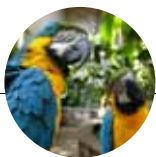
**KEEPING THE KIDS ENTERTAINED** this summer doesn't mean breaking your budget.

Here's an idea: Take a staycation and spend the day in Niagara Falls, using your Member perks on admission to these iconic spots:



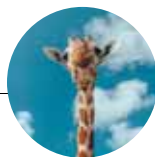
### Ripley's Believe It or Not!

CAA Members save 25% on single-admission tickets, purchased online through the CAA Rewards Portal.



### Bird Kingdom

CAA Members save 25% on tickets purchased at a CAA Niagara Branch.



### Safari Niagara

CAA Members save up to 25% on single-admission tickets purchased at a CAA Niagara Branch.



Visit the new CAA Branch at Pen Centre, open Monday to Saturday. Convenient location, merchandise from local artisans—and the same great service you expect from CAA.

**Get excited!** Visit [caaniagara.ca/attractions](https://caaniagara.ca/attractions) for all the details on these spots plus other CAA savings.

# Treat Yourself

Sunshine and savings are in order this summer.

**TAKE FULL ADVANTAGE** of summer. Maximize your CAA Membership benefits with savings from our Rewards® Partners.



**Unwind on a day trip.** No need to splurge on a distant destination. There's plenty to explore right in your own backyard. Consider renting a ride via Enterprise Rent-A-Car® for your local forays. Avail yourself of Member-exclusive pricing and bonus options like 10% off prepaid fuel.



**Start a home project.** Ready to tackle those renovation tasks you've been putting off? Give your space a coat of fresh Dulux Paints, using your membership to save 25% off regular-priced paints—and earn 3% in CAA Dollars®.



**Grab a treat, literally.** Who says you need a special occasion for a night out? Use your membership for discounts at Montana's BBQ & Bar and Kelseys, where Members save 10%. For a beat-the-heat treat, head to Marble Slab and save 15% off with your CAA Membership.

**Save with CAA.** Visit [caaniagara.ca/rewards](http://caaniagara.ca/rewards) to view our full list of CAA Rewards® Partners.



## UPCOMING DAY TOURS

*Join us for an unforgettable day!*

**Monty Python's Spamalot at Stratford Festival**  
June 20

**Grand River Cruise**  
June 27

**A Wrinkle in Time at Stratford Festival**  
June 28

**Much Ado About Nothing at Stratford Festival**  
June 28

**HAMILTON**  
July 2

**A Day on the Toronto Islands**  
July 11

**Art Gallery of Ontario or Royal Ontario Museum**  
July 18

**Toyota Plant Tour**  
August 8

**Toronto Blue Jays vs. Cleveland Guardians**  
August 27

**The Fitzgeralds at Walters Music Venue**  
September 7

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

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BY CAA NIAGARA





The Shell app is fast, easy and the most convenient way to save instantly. Download the Shell app and link your CAA Membership today. See [caaniagara.ca/shell](https://caaniagara.ca/shell) to learn more.

## Shell on the Road

Make Shell your road-trip partner.

**CLEAR SKIES AND WARM WEATHER** are the only excuse you need to turn on some tunes and hit the road this summer. Make your road-trip even better by loading your CAA Membership on to the Shell app. The Shell app makes it simple to access special offers. Use the station locator tool on the app to find participating Shell stations along your route, then head out.



**Fuel up** Save 3 cents per litre on any grade of fuel.

Swipe your CAA Membership card when you pay at the pump—or leave the card in your wallet and pay easily in the Shell app.



**Chow down** Save 10% on snacks and drinks with your Member discount. Your vehicle isn't the only thing that needs to fill up.



**Freshen up** CAA Members save 10% on basic, deluxe and ultimate washes. You can pay for your car wash in the Shell app from the comfort of your car.



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Review current opportunities and apply at [caaniagara.ca/careers](https://caaniagara.ca/careers) today.





## ATLANTIC CANADA

July 1 to 10, 2023

Tuxedo Classic

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



## QUEBEC EASTERN TOWNSHIPS SUMMER EXPERIENCE

July 16 to 20, 2023

Relaxation

Discover the Eastern Townships through the unique heritage, exceptional landscapes, and local hospitality. These communities are deeply connected and proud of their American, Loyalist, Scottish and Irish roots. Visiting the Townships means taking time to discover local products and activities, escaping the daily grind!



## BLUE JAYS INVADE SEATTLE

July 20 to 24, 2023

Sports

Over 3,000 kilometers away from their home baseball stadium in Toronto, crowds of Toronto Blue Jays fan travel to T-Mobile Park in Seattle to catch the series against the Seattle Mariners. Head to Seattle to not only watch the Toronto Blue Jays but to explore this seaside city.



## SUMMER THEATRE TOUR

August 15 to 17, 2023

Tuxedo Classic

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



## NEW YORK, NEW YORK!

August 20 to 23, 2023

Family

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



## EXPERIENCE NEWFOUNDLAND AND LABRADOR

August 21 to September 1, 2023

Tuxedo Classic

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



## SEINE RIVER CRUISE: PARIS TO THE NORMANDY BEACHES

September 18 to 28, 2023

Relaxation

Blend a passion for the good life with culture, art, architecture and timeless landscapes in Northern France. Visit Monet's Gardens and the town of Honfleur. Travel the "Routes des Abbayes" visiting magnificent monasteries and head to the unforgettable beaches of Normandy.



# What's On at CAA Niagara



## BIG FOOD BOOST

Help us meet our 10,000-pound goal! Throughout August, CAA Niagara will be collecting money and non-perishable food on behalf of the Feed Niagara coalition. Bring donations to any Niagara Branch or find our mobile Branch at local events all month.



## TOUCH A TRUCK

Get up close and personal with fire trucks, tow trucks and EMS ambulance vehicles over the Labour Day weekend, at our second annual Touch a Truck event. Bring a donation for the Big Food Boost and enjoy free coffee and gelato.



## PACK THE PARK

Come catch the Welland Jackfish game on July 6 as they take on the Brantford Red Sox. This is a free event for Members. Tickets are available for pick up at any CAA Niagara Branch while supplies last.

Visit [caaniagara.ca/events](https://caaniagara.ca/events) for details on what's coming up in our community.



## No Worry Travel

Know what to look for in travel insurance coverage.

**THESE DAYS, PEOPLE TYPICALLY** rely on credit cards or travel operators for travel insurance. But when they read the policy's fine print, many of them are surprised to find out that the coverage doesn't meet their needs.

Emergency medical insurance is designed to cover unexpected costs if you have a medical emergency while travelling. As with all insurance policies, there are conditions and exclusions. It's important to understand them before you buy the insurance and before you travel.

There is usually a stability clause requiring that pre-existing conditions must be stable for up to six months prior to travel. Even a medication change during this time frame could be deemed an "unstable" condition and therefore not covered.

CAA Travel Insurance can provide a pre-existing medical condition rider, which shortens the stability period to just seven days before departure date. There are also insurance packages that include comprehensive coverage with bundled savings and with no medical questionnaire required.

Often, hospitals will treat you in an emergency, then figure out the insurance. When you submit a claim, the insurance underwriter will review your medical history to validate the terms of the policy against what you are being treated for and determine if you are covered. Now is not a good time for surprises.

Make sure you are covering the cost of your vacation with trip cancellation and interruption insurance. Sometimes, people decide not to buy cancellation because they think they are covered by their credit card, but most cards have a coverage cap that may be less than the price of your vacation. Some insurance may cover medical emergencies and cancellations but could be lacking when it comes to trip interruption.

Before purchasing a plan, discuss policy details with your travel agent or insurance specialist. If you decide to buy online, read the policy thoroughly to make sure you understand your coverage.

CAA Travel Insurance can be purchased even if a trip was booked through a different outlet. CAA wants to ensure that Members are protected in any situation.

Visit [caaniagara.ca/travelinsurance](https://caaniagara.ca/travelinsurance) for details on coverage options for emergency medical, trip cancellation and interruption, and lost baggage.

“

As with all insurance policies, there are conditions and exclusions. It's important to understand them before you buy the insurance and before you travel.

CAA Travel Insurance is underwritten by Orion Travel Insurance Company, a CAA Company. Certain exclusions, limitations and restrictions apply. A medical questionnaire is required if you are 60 years of age or older.

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## Hear and Now

### Five steps to better hearing health

Whether or not you suffer from hearing loss, it's important to protect your ears. Connect Hearing offers tips to help you improve, so listen up.

- 1 Meditation**  
 Deep breathing increases blood flow to the brain which can help you become more attuned to sounds that may have otherwise escaped your attention.
- 2 Stop Smoking**  
 Smoking and hearing loss are undeniably linked; because blood flow and oxygen help maintain healthy cells in the inner ear, it's assumed that hearing could be impaired by prolonged exposures to nicotine and carbon monoxide.<sup>1</sup>
- 3 Yoga**  
 Many people who suffer from impaired hearing say a yoga workout can help them hear better. Positions such as Downward Dog get oxygen-rich blood to your head more quickly, which may assist with hearing.<sup>2</sup>

- 4 Exercise Daily**  
 Being healthy benefits the entire body, including your ears, and the easiest way to stay in shape is with consistent exercise.
- 5 Vitamins**  
 Folic acid, B vitamins, magnesium and zinc all have properties that contribute to better hearing and a healthier body in general.

In most cases of hearing impairment, a test is required to understand the extent of the issue. Hearing aids may be a necessary next step, and with contemporary styles available, there is a solution for everyone. For a comprehensive checkup, book a free in-person hearing test with Connect Hearing.

Visit [connecthearing.ca/CAA](http://connecthearing.ca/CAA)  
or call 1.888.486.0177 to book  
your hearing evaluation today.



CAA Members receive exclusive benefits, including savings of up to \$2,000 on Select level hearing aids, 15% off everyday listening products and five years of free batteries with hearing aid purchases.\*

<sup>1</sup> [https://journals.lww.com/thehearingjournal/Fulltext/2022/09000/Study\\_Highlights\\_Impact\\_of\\_Smoking\\_on\\_Hearing\\_Loss.2.aspx](https://journals.lww.com/thehearingjournal/Fulltext/2022/09000/Study_Highlights_Impact_of_Smoking_on_Hearing_Loss.2.aspx)

<sup>2</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7735505/>

\*Visit [connecthearing.ca/caa](http://connecthearing.ca/caa) for complete terms and conditions.



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# Growing Minds

We're sharing stories about Canadians creating change that ripples from coast to coast. For this inspiring teacher, going above and beyond means following his students.

By Sean Deasy | Photograph by Jason Franson

**STEVE SCHULTZ** knows how to cultivate some genuinely good ideas.

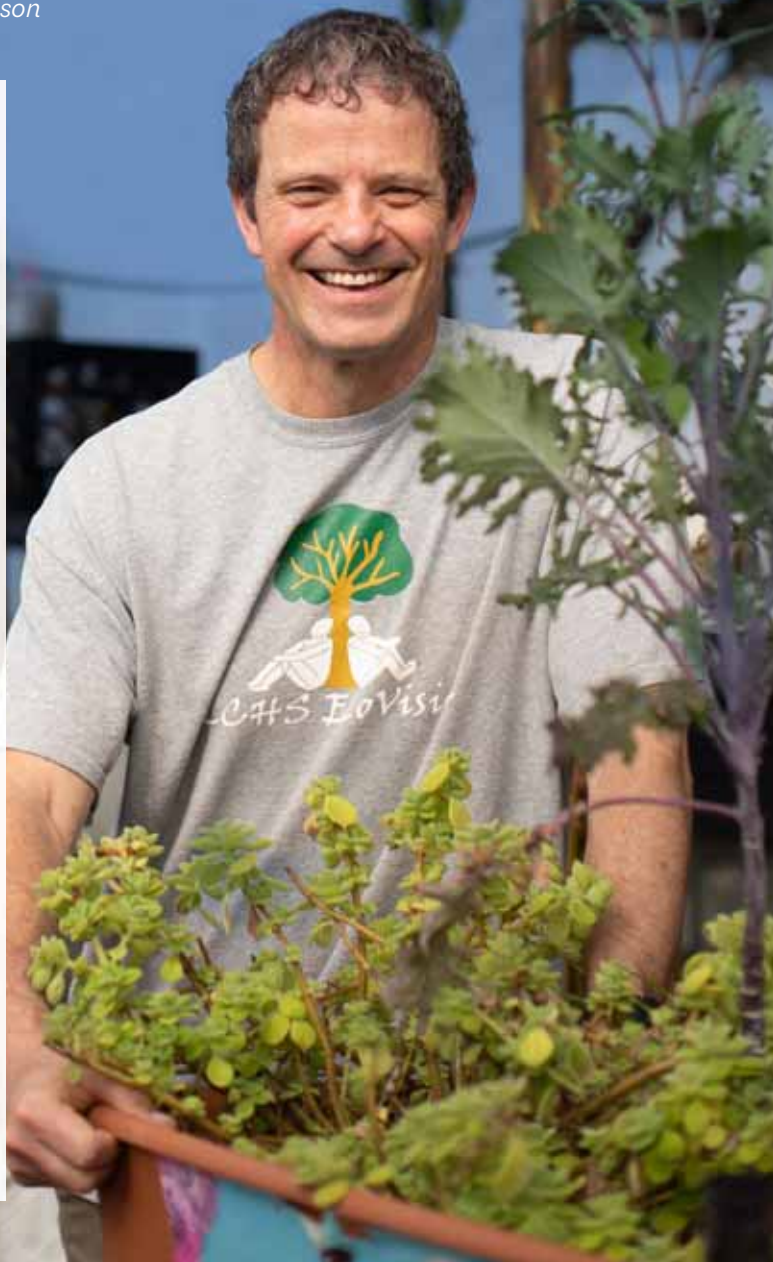
Schultz, who's an AMA Member, is a science teacher at Lacombe Composite High School in the city of Lacombe, in central Alberta. Under his guidance, his students have brought eco-friendly projects to life both at their school and in their community.

It all started in 2006 with a three-year initiative that led to the installation of 32 solar panels at the school. Since then, the students have achieved a lot—from planting a food forest of 200 fruit trees to converting a portable classroom into a near-net-zero greenhouse. Their efforts have not gone unnoticed.

In 2022, Lacombe Composite was the only North American school to be shortlisted in the global organization T4 Education's competition, World's Best School Prize for Environmental Action.

Schultz—a recipient of the Prime Minister's Awards for Teaching Excellence in science, technology, engineering, and mathematics (STEM)—has also created online resources, so other teachers can replicate projects. One of his passions is to elevate agriculture education in Canada, the only G7 country that doesn't emphasize the curriculum.

"Agriculture needs to be in more schools," he says. "It's become my secondary passion to spread that message to as many people as I can and model what it could look like." **CAA**



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