

CAA

MAGAZINE

- Wildlife Rehab Heroes
- Your Towing Questions Answered
- Road Tripping Done Right

SUMMER 2024

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**NATURE
CONSERVANCY
CANADA**

ROAD MAP

SUMMER 2024

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Is this spot a hidden gem, a classic landmark or right in your own backyard? Take a guess!

Driven to Provide Exceptional Service

AT CAA NIAGARA, we are deeply committed to understanding and fulfilling the diverse needs of our Members. Our dedication to innovation and service excellence drives us to continually improve, ensuring that your membership experience is nothing short of exceptional.

Our long-standing services in insurance, travel, rewards and roadside assistance have been pillars of support for our Members. We are confident that our two recent business acquisitions will further enhance the value of your membership.

Road safety is of paramount importance to us at CAA Niagara. That's why we acquired AAPEX Driving Academy. With AAPEX, we provide comprehensive driver training to increase your confidence and security behind the wheel. And as a CAA Member, you can enjoy exclusive savings of 30 percent on the Senior Refresher Package and \$15 off the Beginner Driver Education Program. Additionally, all graduates of the Driver Education Program will receive a complimentary one-year CAA Everyday Membership, ensuring you're supported every step of the way.

Simplifying your travel experience is also a priority for CAA Niagara. By adding Niagara Airbus to our transportation offerings, we provide improved convenience and reliability for all your travel needs. As a CAA Member, you can save 10 percent on our Airport Shuttle Service when you book in advance, making your journeys smoother and more cost-effective.

These new additions complement our existing suite of services, enriching the breadth and depth of benefits available to you. Whether you're protecting what matters most through our insurance solutions, embarking on memorable adventures with our travel services or receiving timely assistance on the road, rest assured we're here to support you in every aspect of your life.

As we continue to thrive and innovate, our commitment to delivering exceptional value and service remains unwavering. We extend our heartfelt gratitude for your continued trust and support. Together, we look forward to a future filled with boundless possibilities.

Thank you for being part of the CAA Niagara family. **CAA**



Mike Goodale
Board Chair
CAA Niagara

A handwritten signature in black ink that reads "M Goodale". The signature is fluid and cursive, written on a light-colored background.

To learn more about AAPEX Driving Academy and their offerings, visit aapexdriving.com. To find out more about Niagara Airbus or to book your journey, visit niagaraairbus.com.

Community Ties

AS THE WARMTH of summer sets in, sunny days are upon us, along with a renewed sense of connection within our community.

At CAA Niagara, our goal is to make your membership truly exceptional. We understand that value extends far beyond the services we provide. It is rooted in the connections we foster and the impact we make on the community around us.

Did you know that, as part of our ongoing commitment to enrich your Member experience, we offer a wide range of Member-exclusive events throughout the year? This summer, join us for family-friendly outings, educational workshops and so much more. I encourage you to take full advantage, as there truly is something for each and everyone to enjoy! Simply head to caaniagara.ca/events for a list of upcoming events and how to register. I hope to see many of you on CAA Day at Welland Stadium, when the Jackfish take on the Guelph Royals on July 11.

We are proud of our efforts to strengthen connections between our local

Rewards Partners and our Community Boost charitable partners and have seen the positive impact of unity through collaborative initiatives. For example, Chz Plz's month-long donation campaign raised \$1,000 and last year's field trip for youth from the Foundation of Resources for Teens (FORT) was made possible in partnership with Niagara Airbus, AeroSports and Boston Pizza.

By supporting local businesses and helping those in need, we enhance the value of your CAA Niagara Membership and contribute to the improvement of the entire Niagara community. If you are a local business interested in becoming a Rewards Partner or supporting one of our Community Boost partners, please contact Trevor Powell at **1-800-263-7272**.

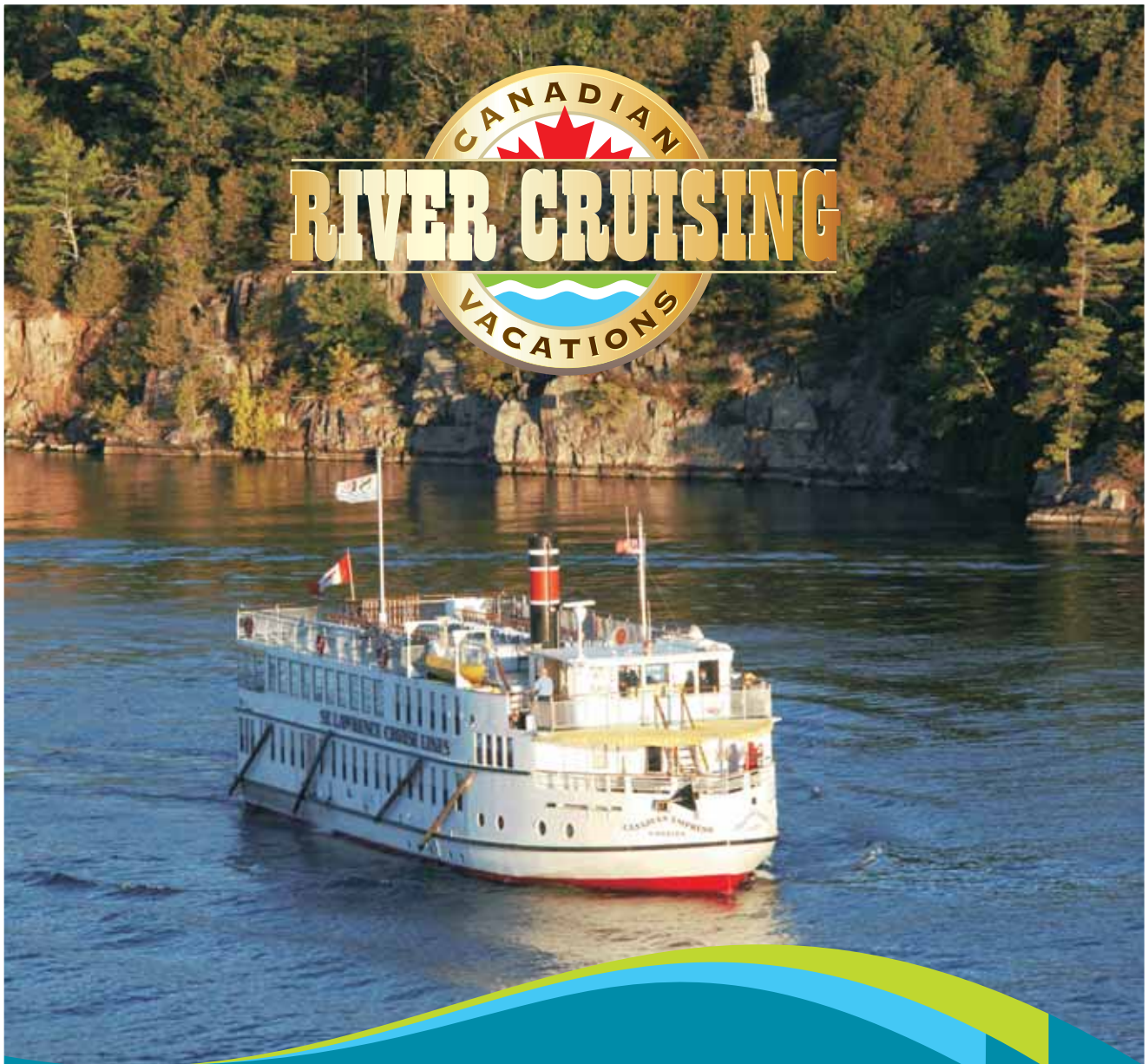
Whether it's attending Member-exclusive events, enjoying perks and savings at our Rewards Partners or lending a helping hand to our charitable initiatives, you spread kindness and create lasting memories—and your participation contributes to the well-being of our Niagara community. **CAA**



Peter Van Hezewyk
President and CEO
CAA Niagara

A handwritten signature in black ink that reads "Peter Van Hezewyk". The signature is fluid and cursive, written on a light-colored background.

Head to caaniagara.ca/events or follow us on social media to stay up to date on Member-exclusive events and offerings. To learn more about the Community Boost initiative and other ways CAA Niagara helps in our community, visit caaniagara.ca/community.



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AT EASE

I had multiple trips planned and was unsure about which insurance plan would suit my needs for both work and personal trips. Thanks to CAA's insightful guidance, I feel fully prepared for anything that might happen during my travels.

—Michael G.



AT YOUR SERVICE

My experience at the Grimsby office was a positive one. Allison, the person who assisted us, was fantastic. She was patient, understanding and clear, giving us all the information we needed to make the right choice.

—Paula N.

I visited the Niagara Falls office last week and was greeted with a smile and helped right away. The team there is great!

—Taylor N.

The staff at the Welland office were extremely friendly and helpful. They answered all my questions, provided me with useful information and even offered me helpful suggestions. I will definitely be returning in the future.

—Bruce K.

I am always impressed with the customer service I receive whenever I call. The ladies who helped me today were extremely friendly, welcoming and professional while answering my questions. Thanks!

—Mary S.

A HELPFUL REMINDER

I was contacted by CAA to renew my membership for the next year as my card on file had expired. And the person I spoke to was very friendly. Thanks for making sure my account wasn't cancelled without me realizing it!

—Anthony R.

BOOKING CAN BE A BREEZE

To anyone planning a trip, I highly recommend booking through a Travel Consultant at CAA Niagara! From start to finish, they were incredibly helpful and patient. They listened to my preferences and made sure everything aligned perfectly with what I was looking for. Thanks to them, I had an effortless and enjoyable booking experience.

—Alice P.



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



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Used batteries contain toxic materials that can cause ecological harm if they end up in landfill, so they should never be thrown out. The Recycle Your Batteries, Canada! program makes it easy to recycle instead.

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The majestic Saamis Tepee is located along the Trans-Canada Highway, next to Tourism Medicine Hat's Indigenous interpretive centre.

Pit-Stop Pleasures

By Claudia Laroye

THE ICONIC Trans-Canada Highway (TCH) is one of the world's great roads. With fantastic eats and attractions—some less famous than others—across the country, don't miss pulling over for these 14 top stops.

ATLANTIC CANADA

- St. John's in N.L. hosts one of the Mile 0 markers of the Trans-Canada Highway (the other is in Victoria, B.C.). It's also where you'll find a monument to Terry Fox's 1980 Marathon of Hope.
- Stretch your legs in Hartland, N.B., home to the world's longest covered wooden bridge.

ONTARIO

- In Mattawa, spot the towering wooden statue of Big Joe Mufferaw, one of several oversized effigies in the Ottawa Valley.
- West of Sudbury, stop at Serpent River Park to stretch, spy Kennebec Falls and stock up on snacks at the Trading Post.
- Savour Thunder Bay's Finnish heritage

“
With
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than others—
across the
country,
don't miss
pulling over
for these 14
top stops

with pancakes at Kangas Sauna and enjoy ice cream at local institution Merla Mae Drive-In, scooping since 1951.

MANITOBA

- East of Winnipeg, pause in Richer for lunch and a round of mini golf at Geppetto's.
- Explore the region's agricultural past at Pete's Center Canada Heritage, a free open-air farm machinery museum.
- Near Saint François Xavier, view the White Horse Monument commemorating an Indigenous legend.

SASKATCHEWAN

- Snap selfies with the 10-metre-high steel-and-concrete Mac the Moose sculpture on the grounds of Moose Jaw's visitors' centre.
- Stretch your legs with a stroll past the murals of rural Whitewood; the Market Day mural depicts 1895 town life.
- Visit the miniature Grain Elevators in Grenfell, then observe the life-size version at Paterson Grain Elevator.

ALBERTA

- Stop at the Saamis Tepee and Saamis Archaeological Site in Medicine Hat. Below the Indigenous interpretive centre is one of the most important archaeological sites of the Northern Plains.
- Enjoy coffee and a bagel at Rocky Mountain Bagel Company in Canmore.
- Admire the breathtaking view of the Bow Valley and Mount Rundle at Vermillion Lakes in Banff National Park.



Use your membership to get a discount on the Parks Canada Discovery Pass. A CAA Travel Consultant can help you plan your trip. Visit caaniagara.ca/travel to learn more.

THE LOCALER

Sarah Milan Biancaniello

JUST OVER 10 YEARS AGO, Sarah Milan Biancaniello's search for earth-friendly, cruelty-free, all-natural skin-care products turned up one disingenuous label claim after another. "The thing about natural products is that 'natural' isn't regulated," explains Biancaniello. "Any company can say they're using natural ingredients but not stick to their guns." Frustrated, she began formulating her own products for herself and her family, went back to school to study herbalism and horticulture—and Sarah's Soaps was born.

Today, Sarah's Soaps ships its handmade balms, salves, soaps and serums to customers and retailers across Canada and the U.S., and Biancaniello remains deeply committed to handcrafting skin-care products that are effective, sustainable and, yes, truly natural. Sarah's Soaps exclusively uses natural ingredients—such as herbs, essential oils and clays—but Biancaniello takes sustainability a step further, foraging many product ingredients from the gardens, fields and forests near her home studio in St. Catharines.

It's a slow process but a rewarding one. For example, Biancaniello knows to leave a few petals behind while harvesting wild rose petals. That way, "the bees know where to find the flower and when to pollinate," she notes, "because once the roses are pollinated in the fall, they turn into rose hips," which are best sustainably harvested after the first frost. "Even in our little bioregion, we want to make sure that our gathering areas are healthy, so that we can come back every year," she says.

Biancaniello doesn't just claim her products are all-natural—she provides proof. By documenting her processes on social media—from harvesting plants and infusing ingredients in her studio to wrapping products in recyclable packaging—she offers a fascinating inside look at what makes Sarah's Soaps different from anything you'd find in a drugstore. "When we say our product is natural, it truly is. And our customers love that."

— *Jeremy Freed*



Clean, green and grassroots—Sarah Milan Biancaniello takes her skin-care products one step further.



Find. Sarah's Soaps can be purchased at the Community Retail space located within the CAA Niagara branch at the Pen Centre. CAA Members can enjoy an exclusive 15% discount. Learn more: caaniagara.ca/communityretail



Nominate a Localer. Do you know someone who goes above and beyond? We'd love to hear about them. Send nominations to magazine@caaniagara.ca and they could be our featured Localer in an upcoming issue.



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Ready to walk on clouds? This simple yet modern slide, made of LiteRide foam, delivers pillowy comfort with its cupped footbeds, side holes for breathability and classic Croc durability—the ideal shoe to slip on and off with ease during long car rides with lots of pit stops.



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Cruisers and street rods and rat rods, oh my! Classic car shows are the perfect place to talk shop and see rare vehicles up close.

Memories for Miles

Gear up for classic car shows across the continent | *By Lisa Mesbur*

CLASSIC CAR FANS, start your engines—there's no shortage of shows to hit this summer.

ATLANTIC NATIONALS —MONCTON, N.B. July 3-7

The biggest classic car show in Atlantic Canada, this auto extravaganza attracts enthusiasts with 2,000 classic cars, cruises, street parties, shows and contests.

atlanticnationals.com

GRANBY INTERNATIONAL/VOITURE ANCIENNES DE GRANBY —GRANBY, QUE. July 26-28

Granby is sometimes called the classic car capital, and the 30,000+ attendees at this annual festival in the Eastern Townships know why. Nearly 3,000 pre-war, 1940-1992 models, hot rods and mods are on display.

vadg.ca

BURLINGTON CAR SHOW —BURLINGTON, ONT. July 6

This family-friendly event and fundraiser features vehicles from all decades—think muscle cars, cruisers and European sports cars—and takes place on a walkable stretch of Brant Street in downtown Burlington.

burlingtoncarshow.ca

HERITAGE CLASSIC CAR SHOW —STEINBACH, MAN. July 20

Roll into Steinbach's Mennonite Heritage Village for a full day of classic car love. Stroll through 16+ hectares of vehicles on display and grab your earplugs for the annual muffler rapping contest.

heritageclassiccarshow.com

BENT WRENCH RUN —MOOSEJAW, SASK. June 16

Brought to you by the classic car buffs at Those Guys Car Club, this annual show and shine in Wakamow Valley just may be the perfect Father's Day activity. Keep your eyes peeled for rare antique and vintage rides, from Model Ts to tricked-out rat rods.

facebook.com/groups/BentWrenchRun

STREET MACHINE WEEKEND —LETHBRIDGE, ALTA. July 13-14

Wide-open spaces just beg for a revving engine and this annual event doesn't disappoint. The largest show of its kind in southern Alberta includes adrenaline-pumping drag races, a show and shine, and a classic car cruise.

streetwheelers.com

SOUTH OF THE BORDER: IOLA CAR SHOW AND SWAP MEET —IOLA, WIS. July 11-13

With more than 134,000 annual attendees and 2,500 classic vehicles from all eras on display, it's no surprise that this massive festival has been thrilling car fans for more than 50 years.

iolaoldcarshow.com

WOODWARD DREAM CRUISE —DETROIT, MICH. August 17

The granddaddy of car cruises takes over Detroit and nine surrounding communities, turning 16 miles of historic Woodward Avenue into a parade of 40,000 street rods, muscle cars and collector and special-interest vehicles.

woodwarddreamcruise.com

PEBBLE BEACH CONCOURS D'ELEGANCE—PEBBLE BEACH, CALIF. July 11-13

Since 1950, the flagship event of Pebble Beach Automotive Week has folks going to the 18th fairway of Pebble Beach Golf Links. Come for the historic automobiles; stay for the latest concept-car debuts.

pebblebeachconcours.net



PLAYLIST

What Songs Do You Road-Trip to, Tyler Shaw?

Vancouver-born Chinese-Canadian Tyler Shaw is a multi-platinum-selling artist, as well as a music producer and actor. His second album, *Intuition*, was nominated for Pop Album of the Year at the JUNO Awards. In 2022 he recorded a version of GAYLE's No. 1 hit entitled *abcdefu*, which he called *Love You Still*. It has since garnered more than five billion views of videos using the song on TikTok. When he's out on the road, these are the songs that keep Shaw moving and grooving.

Driving
Tyler Shaw

⋮ ⏪ ⏸ ⏩ ⋆

- As It Was** Harry Styles ⋮
- Puffer** Cautious Clay ⋮
- Use Somebody** Kings of Leon ⋮
- Yellow** Coldplay ⋮
- Stick Season** Noah Kahan ⋮
- Flowers** Miley Cyrus ⋮
- One Last Dance** Audien ft. XIRA ⋮

Songs may not be appropriate for everyone. Listener discretion is advised.



Watch mega ships on the Welland Canal, which first opened in 1829.

THE END OF THE ROAD

Port Promenade

Following a drive out to the west side of the Welland Canal, stretch your legs on a scenic six-kilometre out-and-back trail in Port Colborne, where you can hike amid views of ships passing into Lake Erie under the Clarence Street Bridge. Tip: grab a sweet treat from one of the many eateries along the promenade.



Authentic Indian flavours and dishes tempt diners at Taash.

HOT SPOT

Taash

From the St. Catharines-based team behind Indian Aroma Kitchen comes a flavourful new dine-in spot—Taash Indian Restaurant & Bar (@taash_by_tiak on Instagram). A few pub favourites are on the menu, but it's the authentic Indian food that shines—from classics such as butter chicken to chef's specials that include lamb shank *nihari* and *malai kofta*, a cheese-and-potato dish stewed in an aromatic curry.

Cheers to Mocktails

Cool down with these summer sippers that are big on flavour, chock-full of creativity and zero-proof.

COLLINGWOOD, ONT. The Imperial Buck at the **Low Down** starts with pineapple and ginger beer and gets topped with lime and fresh mint. The Free Spirited proffers the non-alcoholic warm notes of Seedip Spice 94, then welcomes soursop juice, lemon and pink peppercorn flavours.

WINNIPEG, MAN. Load up your cart with zero-proof spirits, wine and beer at **The Sobr Market**. Be sure to add a few mixers, like the blood orange and jalapeño that will make any mocktail sing. There are bitters and syrups here, too.

NIAGARA-ON-THE-LAKE, ONT. All the non-alcoholic versions of your favourites are at **The Garrison House**—margarita, manhattan and even the French 75, crafted with Oddbird sparkling zero-proof wine. And take your pick from alcohol-free beers.

MAPLE CREEK, SASK. Hit the cozy cookhouse called **The Rockin' Horse** and order a true Canadian classic—the Caesar, but without alcohol—or dream of Mexican beaches with the alcohol-free Corona Sunbrew.

CALGARY, ALTA. The Hawaiian Honeycreeper is tops—with alcohol-free rum, roasted pineapple, honey and lime—and a great pairing for everything on the Pacific Ocean-inspired menu at **Lulu**.

DARTMOUTH, N.S. Let **Dear Friend Bar** create a zero-proof beverage just for you—simply ask for the Bartender's Choice. Or opt for the Nono Spritz, crafted with non-alcoholic red and white vermouth and grapefruit flavours.



The non-alcoholic Hawaiian Honeycreeper at Lulu's in Calgary.



The Secret Garden blooms all summer long at the Shaw Festival.

It's Showtime

...coming soon to a theatre near you

FROM ANTICIPATING the rise of the curtain to the ring of the applause, there's nothing like the buzz of live theatre. And wherever you find yourself, 2024 is a bumper year for taking in a show. Here is one upcoming performance you just can't miss.

THE SECRET GARDEN

May 31–Oct. 13

Royal George Theatre at the Shaw Festival in Niagara-on-the-Lake

When orphaned Mary Lennox is sent to live with her uncle, there's little joy in the bleak Yorkshire landscape until she discovers an enchanted garden, seemingly forgotten for years. This adaptation of Frances Hodgson Burnett's treasured children's novel promises to be just as delightful as the original—and the classic 1993 film version, too.

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With direct flights from Ottawa, Toronto, Edmonton, Calgary and Vancouver, getting to the light show has never been easier.



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Tipping Points

Figuring out how much to tip can be confusing, especially when you're travelling

By Paul Gallant | Illustration by Josie Portillo

YOU POP INTO a roadside store to grab a bottle of water and the debit card reader prompts you to leave a tip. What, exactly, is the service you're tipping for?

The rise of the chip-card reader is just one of many factors complicating the already-befuddling custom of tipping. Prompts can show up in unexpected situations—not just for takeaway food, but also retail and other services. Often we're faced with a range of tip options, the lowest sometimes set to more than we may think is appropriate. Add to that the pandemic trend of tipping generously to support struggling businesses—a trend that has persisted—and it's hard to know what to do, especially when travelling.

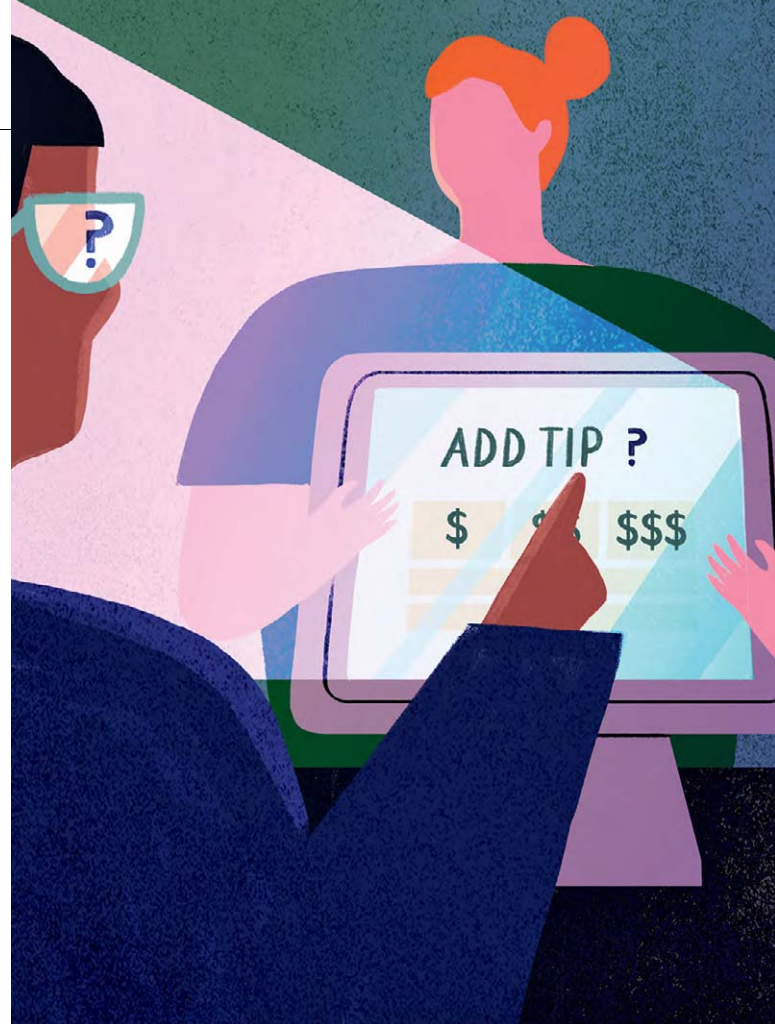
There's no shame in manually entering an amount on a pin-card reader, according to business etiquette expert Julie Blais Comeau at [etiquettejulia.com](https://www.etiquettejulia.com). That includes choosing to tip on the pre-tax amount, which is the norm, even if the card reader suggests a tip on the full amount. Tipping for counter service remains optional. "The main considerations should be the [local] tipping custom and the quality of the service provided," notes Blais Comeau.

“ The main considerations should be the local tipping custom and the quality of the service provided

Americans are seen as among the world's most generous tippers and Canadian tippers are not far behind. According to a survey conducted by Angus Reid in February 2023, 21 percent of Canadian diners now tip more than 20 percent on a meal, up from just eight percent in 2016.

When you're travelling outside of Canada and the U.S., research local customs, as gratuities protocol varies from country to country.

For instance, in Japan, tipping may be considered insulting. In Australia, gratuities used to be optional, though chip-card



readers are gradually changing that now. Gas-station attendants and grocery-store baggers in Mexico are often given five to 10 pesos.

Meanwhile, in many European restaurants, the service charge is not included in the total, so a tip often means rounding off the bill with a few extra euros. In Brazil, you may see a 10 percent service fee added to your restaurant bill, but you can refuse to pay it if service is lacking. Tipping is never mandatory, but is sometimes expected.

When you're booking a resort, cruise or spa, Blais Comeau recommends budgeting for gratuities. Tipping is fairly standard at all-inclusive accommodations. And if they offer the option to tip in advance, she suggests doing so—it might increase the level of service you receive.

If you're worried about being rude for tipping or not tipping, it's always fine to ask a worker or manager what is expected locally—few will take exception to Canadian tipping practices. Or generosity. "If you can afford it and impact that person's livelihood, do it," says Blais Comeau. "If it will bring a smile to their face, do it."

You'll feel good, too. **CAA**



A **CAA Travel Consultant** can help you book travel plans to suit your budget. Go to caasco.com/travel to learn more.



Sand belongs at the beach.

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SCAN HERE TO
FIND YOUR FIT

Driving Around the world

CAA Members who travel for a living share tips on navigating international roads

By Wendy Helfenbaum



PLANNING TO DRIVE in another country?

With a little preparation and some solid advice, you'll feel confident in no time.

BEFORE YOU LEAVE

LEARN THE LOCAL DRIVING RULES. Research traffic laws and common road signs in advance, advises Robin Esrock, author of the series *The Great Global Bucket List: One-of-a-Kind Travel Experiences*. "There might be local quirks," he notes, "so a quick Google search for driving tips and tricks is useful."

Travel writer Mary Charleson recommends learning some basic, useful words in the country's language—such as "stop," "turn left" (and "right") and "horn." And ask the car rental agency about tolls, parking and local-specific regulations. "I learned in Spain that it's against the law to drive wearing flip-flops," she says.

GET AN INTERNATIONAL DRIVING PERMIT.

An IDP provides the translation of a Canadian driver's licence in 10 languages. Most car rental agencies will ask to see it. Note that CAA is the only authorized issuer of IDPs in Canada and that an IDP is valid for one year and costs \$31. The IDP allows local police to understand your licensing qualifications, says Charleson. "This was important in Spain when I rented 150cc scooters, which require the equivalent of a Class 6 motorcycle licence."

AT YOUR DESTINATION

DON'T RUSH TO GET BEHIND THE WHEEL. Take some time to observe traffic flow, suggests travel writer and photographer Vanessa Dewson. "Take a taxi and watch how they and other vehicles are driving. Look at road signs and traffic lights, and if anything doesn't make sense, ask the driver or take a photo and look it up."

NAVIGATE LIKE A PRO. "A GPS can be your friend, guiding you down roads and through roundabouts," says Steve Gillick, president of Talking Travel. "In Ireland, when I missed a turn, the GPS yelled, 'Wrong way!' and kept me on course. In Japan, the GPS told me when I'm going too fast, too slow or was too close to the centre line."

EXPECT THE UNEXPECTED. In rural areas, you may encounter obstacles on the road—say, wandering livestock—so stay alert. Darcy Rhyno, a travel photographer and writer from Little Harbour, N.S., has driven in Spain, France, Ireland and Indonesia. He drives defensively when abroad. "I stay in the slow lane and rely on a passenger to navigate until I'm used to driving there."

ROADSIDE ASSISTANCE. CAA offers assistance in 32 countries. Dewson keeps her CAA Membership details handy, including the phone app. Gillick suggests getting the car rental company's emergency number as well as the local equivalent of 911. **CAA**

DRIVING ON THE LEFT

Driving on the opposite side of the road takes some practice, notes Robin Esrock, but you can do it. "Just remind yourself to stay in the correct lane and not allow your brain to shift into automatic mode."

Here are additional, useful tips:

- Get an automatic transmission.
- Take it slow and easy.
- Get to know the interior of the car, as its controls may be located in unfamiliar places.
- Have your co-pilot do all the navigating, so you can concentrate.
- Be extra vigilant around pedestrians.



Driving abroad? Visit caa.ca/services/travel/international-driving-permit to learn more about the International Driving Permit (IDP) and to download an application.



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What's Your Favourite...?

Conductor and CAA Member **Bradley Thachuk** sings the praises of rock concerts, Arsenal football and the Niagara Symphony Orchestra's upcoming season

By *Alison LaMantia*



NSO music director and conductor Bradley Thachuk; an assortment of tacos from Trust Beer Bar in St. Catharines.

AS MUSIC DIRECTOR AND CONDUCTOR of the Niagara Symphony Orchestra, Bradley Thachuk knows how to curate musical experiences for diverse audiences. But when he's not busy bridging genres and generations from the conductor's podium, Thachuk takes full advantage of what the Niagara region offers, from cycling to food and drink.

What do you enjoy most about conducting?

I like the rehearsal process. I like putting something together and then using my communication and listening skills to make it better—to improve it. That's when I feel the most creative.

You've been a guest conductor in many places. Any favourites?

I'm pretty much a permanent guest at Buffalo, which is great because door to door, I can be there in 40 minutes.

Who are some contemporary composers you'd suggest checking out?

Right now, there are two composers I'm a big fan of. The first is Kevin Lau. We've done a lot of his music. He has a cinematic aesthetic that our audience loves. And Dinuk Wijeratne—he's a Sri Lankan-Canadian composer [and conductor]. We're starting to do a lot of his works.

“
I like the rehearsal process... that's when I feel the most creative

How do you unwind?

When I've got downtime, I like sports. English football. I'm a big Arsenal supporter. And I enjoy going to live concerts—I don't go to many symphony concerts. I like rock concerts.

Where's your favourite place to grab a drink?

In St. Catharines, the two places I can be seen post-concert are The Office or Merchant Alehouse. I also like Trust Beer Bar—they have killer tacos! I'm a member of Peller Estates and I love going to Trius. I like the restaurant and I like the wine.

Describe your perfect summer day.

Cycling with my neighbours, hard—like, an 80-kilometre cycle. Niagara is amazing to cycle. Then, sit by their pool, have a barbecue, have some wine and go to bed super early.

What are you most looking forward to about next season?

In September, we're bringing back one of my closest, oldest friends, Anthony McGill, who's the principal clarinet of the New York Philharmonic. And in November, we're doing the Canadian premiere of a fantastic work called *The Queen Symphony*. It's a massive work for 200 people for orchestra and choir. At the heart of it all is the music of Queen. This is the work I've been trying to get over the line for years. Look for that one. **CAA**



Clarinetist Anthony McGill performing with the New York Philharmonic.

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Fresh Starts

Start Me Up Niagara meets community residents in need of support where they are, providing tools to improve their quality of life

By Yuki Hayashi | Photograph by Jason Haywood

STABILIZE. PARTICIPATE. GROW. These are the pillars of Start Me Up Niagara (SMUN), a community-based organization that helps St. Catharines residents overcome barriers to self-sufficiency, such as poverty, unemployment, homelessness, addiction and mental illness.

“As a community, we need to work together and become involved,” says Laura Dumas, SMUN’s executive director, “whether that involvement is volunteering, financial support or becoming educated on the issues surrounding homelessness within our own communities.”

With a dedicated team of staff and 300-plus volunteers offering a range of services—from drop-in lunches and housing to community garden programs and art workshops—SMUN provides a framework that allows clients to progress, one step at a time.

“ It’s humanitarian to help your fellow human being

“Each staff and volunteer have their own reasons for doing this work,” notes Dumas. “Some are working and volunteering in this environment to give back to the community. Others volunteer and work here because they have their own lived experience and feel they can help when help is most needed.”

But all share one belief, adds Dumas: “It’s humanitarian to help your fellow human being, to be part of the solution.”

The first step in the SMUN model is stabilization. This means meeting people’s immediate needs, like food, clothing,



Laura Dumas joined Start Me Up Niagara in 2020, bringing with her over 30 years of non-profit experience.

shelter and health care. In 2023, SMUN’s downtown drop-in centre served up 14,000 hot lunches. Once the client’s immediate needs are met, the organization provides access to phones, computers and mail services, which are all integral to applying for jobs or social assistance. Visitors can also get physical and mental health assistance from nurses and addiction workers who visit the centre twice a week.

The next step is participation—the creation of a social network and supports. By volunteering at SMUN’s community garden or participating in art classes, clients gain more than just gardening and sculpting skills. They also build confidence and social connections, which helps them feel more stable and that they’re part of a community.

The final step is journeying beyond SMUN. After securing some level of stability and social support, participants feel more capable of setting goals, developing work skills and earning an income. SMUN’s Work Action Centre helps job seekers and aspiring entrepreneurs find sustainable employment. Volunteers are on hand to help clients with paperwork and the oftentimes-convoluted task of navigating community services.

The end goal? Self-sufficiency and a better quality of life, however each participant defines it. **CAA**



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

Contact us at magazine@caaniagara.ca. We’d love to hear about it!



Swiss Snaps

Experience three distinct European cultures in one country, all within a five-hour drive

By Stephanie Foden

IN A COUNTRY SMALLER THAN Nova Scotia, it's incredible to find the kind of beauty that's condensed into Switzerland's borders. And as we rolled along the roadways, each turn revealed something new, set against the majesty of the Alps. In a vintage Volkswagen van, my partner and I set out to explore the cultural mosaic that is Switzerland.

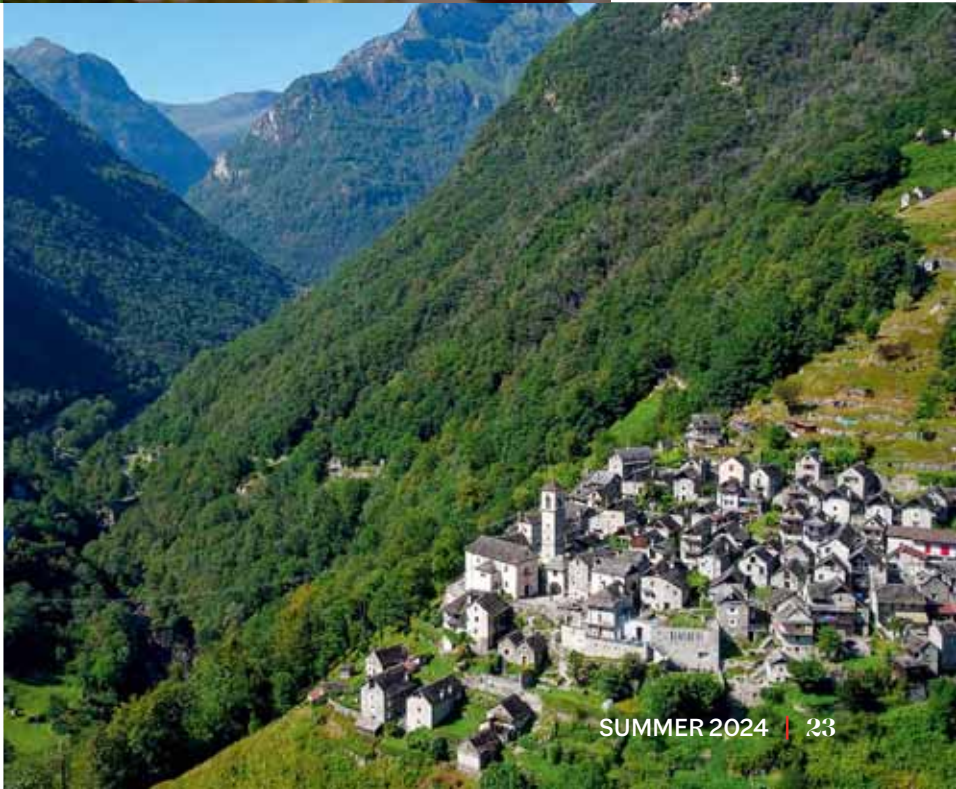
Close ties with France, Italy and Germany have made the languages and traditions of these neighbouring countries an intrinsic part of Swiss culture. Our trip took us from a delightful world of pasta, gelato and Vespas in Ticino to the cobblestone streets of Lucerne and on to the shores of Lake Geneva, where we savoured croissants in a French café. And although the roads got steep, travel time from one spectacular place to the next was minimal—just a two-hour drive from Ticino to Lucerne, then two more hours to reach Lake Geneva.



(Opposite page)
Our Volkswagen van, parked in the village of Corippo, in Ticino, and a rainbow over the Verzasca Valley.
(This page, from top left) The medieval-style Ponte dei Salti spans the Verzasca River for a view that seems straight from a fairy tale; João Antunes—head chef at renowned restaurant-hotel Villa Emden on the Brissago Islands—picks herbs for dinner; Corippo, Switzerland’s smallest municipality, has just 10 permanent residents. A local foundation preserved this historical spot by converting it into an *albergo diffuso*, meaning “scattered hotel,” where guests can stay in one of its many cozy houses.

TICINO

In the canton of Ticino, Swiss precision meets *la dolce vita*. Here, the Alpine backdrop seamlessly blends into palm trees and shockingly blue glacier-fed lakes that look like they could be part of the Mediterranean. Italian language and culture take centre stage, and the local cuisine’s delightful fusion of flavours was exemplified by a saffron risotto I won’t soon forget. Walk the shores of lakes Lugano and Maggiore, stroll through the subtropical botanical garden on the Brissago Islands and explore vibrant towns in the Verzasca Valley.





(From left) The Mount Pilatus Aerial Cableway climbs to the top of the mountain, at an elevation of over 2,000 metres (6,900 feet) above sea level. On clear days, visitors can marvel at the panorama of 73 Alpine peaks; my partner, Maciek Wala, aboard the world's steepest cogwheel railway, which travels from the village of Alpnach to Pilatus Kulm.



The Chapel Bridge in Lucerne, Europe's oldest covered bridge, was constructed in the 14th century as part of the city's fortifications.

LUCERNE

Every Swiss-German cobblestone street in Lucerne tells a story. This enchanting city, situated on the shores of Lake Lucerne and surrounded by snow-capped mountains, combines Germanic charms from the Middle Ages with modern sophistication. Stroll across the picturesque Chapel Bridge, charter a boat to explore the lake and visit nearby traditional villages. Don't miss out on the breathtaking views from above—the summit of Mount Pilatus is accessible by cable car or cogwheel railway.



The sunny terraced vineyards of Lavaux are warmed by light reflected off the surface of Lake Geneva and heat stored in the surrounding stone walls. (Below) Hike the 32-kilometre (20-mile) footpaths from Ouchy, a popular lakeside resort in Lausanne. Along the way, view the sculptures and informative panels about local viticulture, then stop by a wine cellar for a sip.



Lake Geneva, one of Central Europe's largest lakes, viewed from the municipality of Cully. Local boat tours take you past harbours, castles and vineyards, with views of snow-covered summits.



LAKE GENEVA

Sample world-class wines and indulge in gourmet delights here, in Switzerland's French-speaking region, nestled within a mild microclimate. It boasts picturesque lake vistas, charming small towns and the famous Lavaux Vineyard Terraces—a UNESCO World Heritage site, where grapes have been grown since the 11th century. Some of these wineries now produce the country's prestigious Grands Crus vintages. From the upscale restaurants and accommodations to the spas and museums, our every encounter along Lake Geneva's shores exuded a distinctly French flair. **CAA**

STEPHANIE FODEN is a freelance documentary photographer and member of Boreal Collective and Women Photograph. She has worked with National Geographic, The New York Times, TIME, The Globe and Mail, ESPN and Travel & Leisure.



Planning a European road trip? Familiarize yourself with local driving laws and, before you go, don't forget to obtain your International Driving Permit (IDP) from a CAA Store. CAA is the only authorized source of IDPs in Canada.

The rocky ridges of Mount Monolith, reflected off the surface of Divide Lake in Tombstone Territorial Park.



Northern Exposure

Driving underneath the midnight sun, from Whitehorse to Dawson City, illuminates the beauty of the Yukon | *By Tara Franco*

ABOVE THE 60TH PARALLEL north, from May through July, day turns into night and back into day with an almost imperceptible shift. The setting sun barely skims the horizon before rising into a new dawn. Then and there, the days seem endless, as do the opportunities for adventure.

To make the most of it, rent an RV in Whitehorse and set out on the North Klondike Highway, which stretches 530 kilometres (329 miles) to Dawson City. It's the same route followed by 19th-century prospectors who came looking for gold, and there are still many treasures to be found along the way.

Whitehorse

Stock up on supplies in Yukon's capital city before hitting the highway. Stop at Eclipse Nordic Hot Springs, just a half-hour drive from the city, to indulge in some pre-trip R&R at the recently renovated spa. The hot pools are great for getting intel from fellow road-trippers on the best local scenic spots.

Braeburn

A must-stop whether you're coming or going is Braeburn Lodge, just over an hour north of Whitehorse, which serves



Clockwise from top left: a rock pool at Eclipse Nordic Hot Springs; historic houses in Dawson City; Tr'ondëk Hwëch'in First Nation performers at Dänojà Zho Cultural Centre; Whitehorse and the Yukon River; a cinnamon roll from Braeburn Lodge.

up their world-famous cinnamon buns the size of dinner plates. Not for the faint of heart (or small of stomach), these treats have been attracting visitors for over 20 years.

Carmacks

This small town of roughly 500 residents punches above its weight in cultural and historical significance. Learn about the area and the Northern Tutchone First Nation people who live here, at the Tagé Cho Hudän Interpretive Centre. Or stretch your legs for a stroll on the boardwalk along the the Yukon River.

Dawson City

At the end of the Klondike Highway, you'll find the wooden sidewalks of Dawson City, once the centre of the Klondike gold rush. Visit the Dänojà Zho Cultural Centre for its galleries and an overview of local history. Enjoy breathtaking panoramic views from the Midnight Dome just outside of town. Then, if you're still up for adventure, head an hour and a half up the Dempster Highway to Tombstone Territorial Park, where the tundra begins.

And it's between pit stops when the allure of the Yukon really hits you. Unwind on long stretches of highway, past pristine boreal forests and snow-topped mountains—all under the bright northern sky. **CAA**

Tips for the Road

Fuel up It's not always easy to find gas, so get it when you can. If you can do so safely, secure a couple of gas cans on the outside of your camper van or trailer to ease the stress between stops.

Boondocking Camping on Yukon public land is permitted, provided that a few rules are followed (including camping at least 30 metres from the centre line of most roads). Not sure which spots are public? Use the GeoYukon interactive mapping app to find the right spot to lay your head.

Ride safely CAA Plus RV and Premier RV Memberships provide all the benefits of a CAA membership, including CAA Roadside Assistance for your owned or rented RV.

Visit caaniagara.ca/membership to learn more.



AROUND the BEND

Road-tripping through Big Bend Country in West Texas reveals surreal landscapes alongside wild and wonderful attractions

By Truc Nguyen

WIDE OPEN SPACES and flat stretches of highway abound in the Lone Star State, which boasts more than 127,000 kilometres (79,000 miles) of pavement. And Big Bend Country in the southwest corner of Texas, which includes Far West Texas and the Upper Rio Grande region, offers some of the most strikingly beautiful landscapes in the U.S., including mountains, rivers and desert. A road trip is the best way to take it all in at your own pace.



**A road trip is
the best way to
take it all in at
your own pace**

HISTORIC EL PASO

We began our grand Texas adventure in the border city of El Paso, on the Rio Grande, that was part of Mexico until 1848. One of the oldest cities in Texas, El Paso has a fascinating, complex history and distinctive cultural mix. Even the local food is different here, according to David Varela, our Downtown Walking Tour guide. “Our Mexican food is not anywhere near Tex-Mex—it is not cheese-heavy, salt-heavy or heavy in bread or flour.”

I savoured pork *carnitas* with house-made corn tortillas at Ámbar Restaurante, in The Plaza Hotel Pioneer Park, and relished the refreshing flavours of shrimp *aguachile verde* (a traditional Mexican dish of fresh seafood marinated in lime



PHOTOGRAPHS: (FROM LEFT) COURTESY OF ROCKETBUSTER; ALEX MARKS/COURTESY OF WRONG

juice) at Lapa Lapa Seafood & Drinks.

Once you've eaten your way through El Paso, it's time to get moving—but not before dropping by Rocketbuster to browse “Boss lady” Nevena Christi's one-of-a-kind footwear. This is where celebrities Leon Bridges, Kendrick Lamar and Taylor Swift get their handcrafted cowboy boots.

Switch to hiking boots for a trip to Franklin Mountains State Park, just a 25-minute drive from El Paso. With more than 160 km (100 miles) of trails across 11,000 hectares (27,000 acres), this magnificent park is an excellent introduction to the Chihuahuan Desert's fascinating flora and fauna. The park's superintendent, Cesar Mendez, recommends September through March to go hiking for glimpses of local wildlife—deer, javelinas, foxes, skunks, rabbits and bobcats.

MARVELOUS MARFA

From El Paso, drive roughly three hours to Marfa, where “ghost lights” have been spotted for more than a hundred years.

These mysterious orbs, which occasionally appear on the horizon just after sunset, are one of the many oddities that draw people to this one-traffic-light town.

Marfa is also renowned for its vibrant creative community. At its heart is The Chinati Foundation, established in 1986 by the world-famous American minimalist artist Donald Judd. Here you'll find large-scale works by Judd and his contemporaries, including John Chamberlain (best known for his crushed-car sculptures) and light artist Dan Flavin. Book a guided tour or take a quiet stroll through the museum grounds, populated by Judd's untitled works. View his slab concrete pieces framed by the desertscape for a beautiful meditative experience.

The Judd Foundation offers guided tours to see more of the artist's works at various locations in downtown Marfa, including his former residence and studio.

Expect the unexpected when shopping in town, where boutiques reflect the city's quirky, yet sophisticated aesthetic. You'll find very stylish vintage clothes, for example, at Raba Marfa. At the store-cum-gallery Wrong, I was drawn to the colourful souvenirs and artworks—and decided I *must* have a resin popsicle by Marfa resident Lisa Chestnut.

SCENIC TERLINGUA AND BIG BEND NATIONAL PARK

From Marfa, we drove for about two hours to Terlingua, best known for its ghost town, where you can see abandoned buildings from its heyday in the 1880s as a

(This page, from left) Handcrafted boots at Rocketbuster in El Paso; Buck Johnston, artist and co-owner of the store-cum-gallery Wrong, in Marfa. (Opposite page) One of Donald Judd's 15 untitled works in concrete on the grounds of the Chinati Foundation.



bustling mining town. It's a good home base from which to explore Big Bend National Park. We stayed in spacious yurts at Terlingua Escondido and enjoyed glorious sunrise and sunset vistas.

In Terlingua, set aside time for a trail ride with Big Bend Stables. The half-day Chihuahuan Desert Ride winds through an old mercury mine, a mesa and part of the Indian Head Trail. Visit Many Stones, a local rock shop, if you want to bring home a geode or local gemstone.

And be sure to schedule at least a full day for exploring Big Bend National Park, one of the largest (although least visited) national parks in the continental U.S. For great photos, take the Ross Maxwell Scenic Drive and stop by Sotol Vista and the Santa Elena Canyon Overlook. And if you have the time (and energy) for a day hike, go for the moderately challenging Lost Mine Trail for breathtaking panoramas of the Chisos Mountains, the desert and several canyons.

MARATHON AND BEYOND

After Big Bend, we headed to the town of Marathon, where the picturesque historic Gage Hotel is located, for stargazing in the 39,000-square-kilometre (15,000-square-mile) Greater Big Bend International Dark Sky Reserve. Even though it was a cloudy evening, we were able to see Jupiter, Saturn and the Andromeda Galaxy through the Dobsonian Reflector telescopes at Marathon Sky Park.

We made one last stop before flying out of Midland—Monahans Sandhills State Park. For just a few dollars, you can rent a plastic disk and try sandboarding on the park's vast field of rippling sand dunes.

In just a week, our road trip through Big Bend Country took us to some remarkable locales, from the rugged terrain of the Chihuahuan Desert and the majestic Chisos Mountains to historic El Paso. Everything is indeed bigger in Texas and that includes our adventure on the road. **CAA**

TRUC NGUYEN is a freelance style and travel writer for many publications, including Elle Canada, CBC Life and The Globe and Mail. Previously, she was a senior editor at Flare and an associate editor at American Vogue Living.



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(From left) Los Portales, a Gage Hotel property in the town of Marathon, has Pueblo-style adobe-brick rooms; Gage Gardens span 27 acres of native plantings, fruit trees, fountains, ponds and a nine-hole putting green.

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Wild at Heart

The fox you spotted on your hike may have spent time in an animal rehabilitation facility. Meet the people who volunteer to protect wildlife

By Paul Gains



IT MAY BE TOUGH OUT THERE IN THE WILD, but the spots where birds and animals cross paths with civilization pose more challenges due to traffic, power lines and urban sprawl. Fortunately, devoted wildlife rehabilitation centres step up to care for the sick and injured, going to extraordinary lengths. And it's donations and volunteers that keep them running, along with a love for the creatures they help.

"Wildlife acts as a barometer with the environment and it is telling us what is happening out there," says Brian Salt, founder of Salthaven Wildlife Rehabilitation and Education Centre, in Mount Brydges, Ont. But according to Salt, we, as a culture, aren't always paying attention, so rehab facilities like Salthaven are often more aware of changes.

Salt has witnessed extraordinary wildlife anomalies recently. Eastern grey squirrels, for instance, normally have two litters a year. This year, for the first time in his 40 years caring for wildlife, he observed some having three. The reason for this is unknown, but Salt just rolls up his sleeves to help. And all too often, help is needed.

Road and building construction that bisects wildlife habitat or interrupts migratory routes leads to auto collisions with animals. Then, there's disease and the effects of climate change that threaten habitats. Plus, urban expansion brings wild creatures and humans into closer contact, which can be harmful for both.

Salthaven has taken in more than 1,300 creatures in just the last year, the majority of which were treated and released back into the wild. They range from hummingbirds to

Bottle-feeding time for a rescued bear cub at the Atlantic Wildlife Institute in New Brunswick; an orphaned squirrel kit at Urban Wildlife Care in Grimsby.



PHOTOGRAPHS (THIS PAGE FROM LEFT) COURTESY OF AWI; (OPPOSITE PAGE) PAUL GAINS

carnivores, and Salt also recalls taking in four coyote pups after their mother was hit by a car.

Salt and his team of 50 volunteers—who cover three eight-hour shifts seven days a week—work with affiliated veterinarians to care for their patients, which typically include many young animals either abandoned or orphaned.

Meanwhile, at Urban Wildlife Care (UWC), in Grimsby, Ont., Cara Contardi notes that “baby season” is her busiest time of year. Springtime brings an influx of young raccoons and squirrels, which requires extra precautions. Recent outbreaks of distemper and raccoon roundworm in Ontario have wildlife rehabbers worried, especially because these can be transmitted to domestic dogs and, with roundworm, occasionally, people.

Contardi has been running UWC since 1999, when she received her certification from the Ontario Ministry of Natural Resources and Forestry. Wildlife rehabbers must be licensed by their respective provincial governments, with certain restrictions as to which animals they could admit. “I work with all the fur! That makes it easy,” Contardi says, laughing, “except for bears. We probably rehabilitate 500 patients a year. We are not a big organization, but we do our part.”

When a call comes in, Contardi’s team of volunteers first ensure that the caller remains safe, as injured animals may lash out in fear. Next, they assess if the animal in question truly needs help. Deer, for instance, will often leave fawns unattended for hours while foraging, which prompts well-intentioned but unwarranted rescue calls. The UWC team also helps educate the public. And, Contardi notes, a thank you from a caller they’ve helped often energizes her to keep doing what she does.

In New Brunswick, just outside of Sackville, Pam Novak runs the Atlantic Wildlife Institute (AWI), the sole wildlife rehab centre in the province. It’s also the only one federally licensed to take in migratory birds from all four Atlantic provinces. Apart from deer and moose, which the centre is no longer permitted to handle due to chronic wasting disease, Novak will take in just about every species.

“We have bears in the province,” she says. “We have coyotes and red foxes. And we are able to handle all of those.” Calls to help bears are handled via forest rangers from the Department of Natural Resources who will assess the situation. If a bear requires rehabilitation, they’ll send it to Atlantic Wildlife Institute in Cookville, N.B., for care.

No rehabilitation practitioner can save every creature encountered, but each successful recovery-and-release is cause for celebration, and the joy that comes from helping wildlife energizes the next mission. **CAA**

PAUL GAINS has been a full-time freelance journalist for 29 years and has been published in numerous publications, including The New York Times, Toronto Star, The Globe and Mail, GQ, Outside and Canadian Geographic.



Writer Paul Gains transported this injured snowy owl to The Owl Foundation to be rehabbed, banded and released.

HOW TO HELP

What to do if you find an injured animal in the wild

- Don’t approach the animal too closely and keep other people back, as well as pets.
- Call a licensed rescue centre or local humane society before intervening and let the wildlife rescue experts coach you—they can help determine if an animal needs assistance.
- Some wildlife rehab centres don’t have enough volunteers and may ask you to bring an injured bird or small animal to them. Keep a blanket and a cardboard box in your car, just in case.

LOCAL RESOURCES

Visit urbanwildlifecare.com to learn more about the work this centre does. Or contact The Owl Foundation (theowlfoundation.ca), in Vineland Station, Ont. This amazing raptor rehab centre will dispatch volunteer drivers to pick up injured raptors, including eagles, hawks, falcons and owls. Resident owls that cannot be released are given the opportunity to breed.

A BEGINNER'S GUIDE TO



Towing opens up a whole world of road-trip possibilities, but it pays to do your homework before setting off

By Matt Bubbers

Illustrations by Guilherme Henrique

WHETHER YOU'RE LOOKING to haul a Jet Ski to the nearest lake, or you want to rent a camper trailer for a road trip across Canada, learning how to tow can be a game changer. But there's a lot to consider before hitting the road.

KNOW YOUR VEHICLE

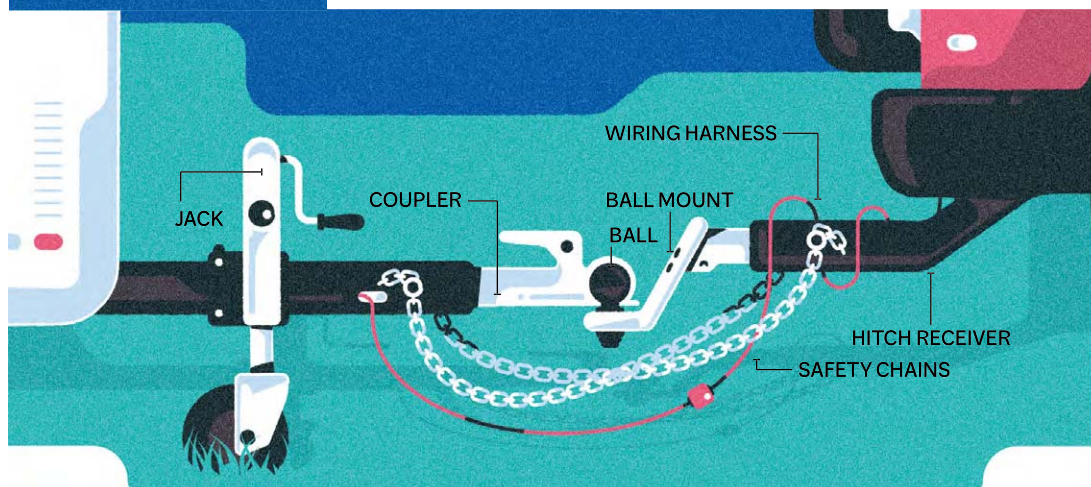
Check your owner's manual to find out if, and how much weight, your vehicle can tow. If you're still not sure, ask your dealer or contact the manufacturer.

"My truck's limit is 10,000 pounds, so I don't tow more than 7,500 pounds," says Ryan Peterson, manager of automotive

services for CAA Club Group. "I never exceed 75 percent of my [tow] limit." Why? Staying well under the limit leaves a margin of safety, plus it puts less wear on your vehicle and makes for a better towing experience.

That said, a tow vehicle is a hefty investment, and buying one that is clearly over your basic needs can be prohibitive. For drivers who will occasionally be close to maxing out their vehicle's towing capacity, consider investing in some additional gear to make the journey safer—sway-control bars help mitigate side-to-side trailer movement, and a weight-distribution hitch can help to level the trailer and tow vehicle.

WHAT GOES WHERE?



TIP

There are different sizes of receivers, hitches and balls, and each part is stamped or labelled with its maximum weight rating. Remember, it's the lowest-rated component that determines how much you can haul.

TOWING TERMS

Here are some key terms and numbers you'll need to know before hitting the road

TOW RATING This is a best-case-scenario measure of a vehicle's maximum towing capacity. It doesn't account for passengers or cargo. (Find this and other key stats in the owner's manual or driver's door-jamb sticker.)

TONGUE WEIGHT Also known as tongue load, it's the amount of the trailer's weight (when loaded) that rests on the ball. As a general rule, it should be 10 to 15 percent of the loaded trailer's weight.

PAYLOAD CAPACITY The maximum permissible weight of all passengers and cargo, and the tongue weight.

GROSS VEHICLE WEIGHT RATING (GVWR) The maximum permissible weight of the vehicle plus passengers and cargo plus the tongue weight. Trailers have their own separate GVWR, too.

GROSS COMBINED WEIGHT RATING (GCWR) The maximum permissible weight of the vehicle plus the trailer plus passengers and cargo.

GROSS TRAILER WEIGHT (GTW) The total weight of a trailer plus its cargo.

CURB WEIGHT The weight of the vehicle, ready to drive, without any optional equipment, passengers or cargo. Often found in the owner's manual. You'll want to know this when calculating how much your vehicle can tow while staying under its GVWR, GCWR and payload capacity.

HOW MUCH CAN YOU TOW?

Never haul more than your vehicle's tow rating. Simple, right? Not so fast. It's not enough to merely ensure you're under the tow rating—drivers must also be careful not to exceed their vehicle's GCWR, GVWR or payload capacity. This is where you'll have to do some math. The formulas look like these:

- $GCWR \geq \text{gross vehicle weight} + \text{gross trailer weight} + \text{passengers and cargo weight}$
- $GVWR \geq \text{gross vehicle weight} + \text{tongue weight} + \text{passengers and cargo weight}$
- $\text{Payload capacity} \geq \text{tongue weight} + \text{passengers and cargo weight}$

Since you most likely do not have a weigh station in your driveway, you'll need to estimate all weights as best you can, then crunch the numbers to determine how much you can safely tow.

HOOKING UP THE TRAILER

Once you've crunched the numbers to figure out how much you can haul, it's time to hitch up



1

If possible, have a spotter outside the vehicle to guide you.

2

Line up your vehicle's hitch with the trailer's coupler.

3

Raise the trailer's coupler, using the jack, so the ball can slide underneath when reversing.

4

Reverse the vehicle slowly toward the trailer until the ball is directly under the coupler, then engage the parking brake and shift into park.



5

Using the jack, lower the coupler, securing it with all necessary bolts and locking pins. (You can test the connection by slightly raising the trailer back up on the jack—if the coupler comes off the ball, it's not secured properly.)

6

Attach the wiring harness and safety chains. The chains should be connected in a crisscross pattern, forming an X under the coupler.

7

Retract the jack.

8

With your spotter, check that the trailer's lights and signals are working. Do a walk-around to double-check all connections.



LOADING UP THE TRAILER

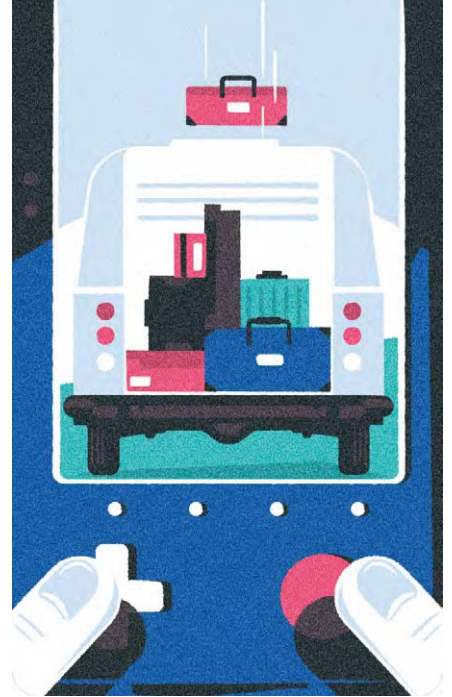
Once the trailer is hitched up, it's ready to be loaded with your gear

In general, when dealing with a cargo trailer, you'll want to load it after it's hitched. Park on a level surface with the parking brake engaged and chock the trailer's wheels by placing a sturdy wedge or block against the tires, so they can't roll.

The goal for loading is 60/40—60 percent of the cargo's weight should be ahead of the trailer's axle (think: the trailer's wheels) leaving 40 percent behind the axle. That's critical to ensure the safe handling of your tow vehicle and it'll also help keep 10 to 15 percent of the trailer's weight on the tongue. Last but not least, secure the load with appropriate chains, ropes or ratchet straps.

TIP

It's a bit like Tetris, loading everything properly. Load the heaviest item first and try to position it just ahead of the trailer's axle to get that 60/40 weight split.



DRIVING WITH A TRAILER

Adapt your driving when towing a heavy load



MAKE SURE YOUR VEHICLE IS IN GOOD CONDITION. All fluids should be topped up and tire pressures correct. If necessary, install tow mirrors that extend out past the regular mirrors to provide a better view of what's behind the trailer.



SLOW DOWN AND LEAVE EXTRA SPACE. Accelerating and braking takes significantly longer when towing a heavy load. For that reason, it's crucial to leave much more distance between you and the vehicle ahead than you normally would.



SWING WIDE. Take corners wide and keep an eye on the trailer in your mirrors to avoid hitting the curb or worse.



CHECK FOR CLEARANCE. If you've got a tall load, watch for low-hanging obstacles, like tree branches and electric wires.



TAKE CARE WHEN REVERSING. Backing up can be intimidating, but don't sweat it! Take it slow, ask a friend outside to spot you, and take advantage of new technology like trailer-mounted back-up cameras where possible. Backing up with a trailer can be counterintuitive, so if you can, practise in a parking lot. And be patient—this is a tough skill to master.



CHECK EARLY AND OFTEN. Soon after you set off, pull over somewhere safe and check that the trailer, its load and all connections are snug and secure. Make it easy on yourself and find a spot that you can easily exit without much manoeuvring.

MATT BUBBERS writes regularly for CAA Magazine, specializing in car culture and transportation. He is a columnist for the Drive section of The Globe and Mail and writes for a variety of publications in Canada and the U.S.



TOWING WITH AN EV

The good news: EVs offer an instant surge of low-end torque that makes for an especially smooth towing experience. The bad news: Driving range plummets when towing. How much range is lost depends on the type of trailer and weight of the load. A real-world test by Consumer Reports found Ford's F-150 Lightning and Rivian's R1T were both reduced to less than a third of their normally rated range when towing 10,000 pounds (4,536 kilograms). You'll need to charge more often, Peterson says, but many public EV chargers aren't set up to accept vehicles towing trailers. In order to plug in, you may have to uncouple the trailer. It all adds up to a longer journey, so plan accordingly.



Questions about towing?

Email autoadvice@caasco.ca or call 1-866-464-6448 with questions for our experts.

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LIFETIME LIMITED WARRANTY

Let's Hit the Road

The sky is clear, bags are packed and an exciting destination lies ahead. Our summer guide will help you make the most of the season, whether you're staying local, going on a road trip or getting ready to take flight.

Ready for the Road

Streamline your road-trip prep with these packing tips

SETTING OUT on a big road trip is exciting, but it *can* feel a little chaotic. Make the start of your adventure stress-free with this smart guide to what—and how—to pack.



1. Use a checklist

This will help you organize your thoughts and ensure you don't forget anything important. "Bring only what you truly need," says CAA Niagara insurance product manager Daniela Escobar. "Consider the duration of your trip and pack accordingly. Lighter loads improve fuel efficiency and provide more space for passengers."



2. Pack the must-haves

Make sure to add these to your checklist:

- CAA Membership Card, for emergency roadside assistance and benefits at our Rewards® Partner roadside restaurants, attractions and hotels
- snacks and drinks
- entertainment options, like a playlist of your favourite music, audiobooks or podcasts
- portable phone charger



3. Create a safety kit

Be prepared for any unexpected situation with a roadside emergency kit. Include items such as a first aid kit, flashlight, jumper cables and basic tools. Pack some sunscreen, too. "Although car windows can provide some level of UV protection, they don't block all harmful rays," Escobar warns.



4. Pack efficiently

Use bungee cords, cargo nets or tie-down straps to secure loose items and prevent them from shifting during the drive. Pack larger, heavier items first and then fill in the gaps with smaller items. If you're carrying valuables, keep them within reach or in a locked compartment. Place essentials such as snacks and your charger in an easily accessible container.



5. Protect yourself

"We always recommend that Canadians travelling within Canada secure additional travel insurance, as OHIP does not cover all expenses related to a medical emergency in other provinces," Escobar says. Take advantage of the 10 percent discount* on CAA Member Travel Insurance** to get coverage for everything from ambulance costs to dental emergencies.

Visit caaniagara.ca/insurance/travel to learn more.

*Applies to CAA Members in good standing with dues paid in full by membership expiry date. 10% savings applies to the total premium excluding applicable taxes. Minimum premium applies. Excludes Visitors to Canada Insurance.

**CAA Travel Insurance, an Orion Travel Insurance product, is underwritten by Echelon Insurance. Certain exclusions, limitations and restrictions apply. Subject to change without notice. A Medical Questionnaire may be required if you are 60 years of age and older.

The *Plus* Side of Road Trips

Smooth your ride with a Plus Membership

MAKE SURE YOUR SUMMER is memorable for the right reasons.

Whether you're in an SUV or on a motorcycle, a CAA Plus Membership offers plenty of benefits that will help keep you and your family safe—there and back again.

MORE TOWING DISTANCE

A Basic Membership assists with 10 kilometres of towing—but the Plus gives you up to 250 km (and that includes motorcycle towing). "The biggest benefit is the towing distance, especially if you are on the road and don't know your surroundings," says Shanna Jarvis, CAA Niagara's associate director of marketing.

LOCK AND KEY SERVICES UP TO \$100

When on the road, you might be in a rush—juggling kids, making sure you have everything packed—and can easily forget those small details. "The last thing you want is to be stuck, trying to get your keys out of your car," Jarvis says. With a Plus Membership, you're covered if you get locked out—it's one less thing to worry about.

EMERGENCY FUEL DELIVERY

Sometimes you want to squeeze in a few more kilometres for the day or just try and make it to the next gas station. "But when you don't know your surroundings, there's a chance you can be caught running on fumes," Jarvis notes. "A Plus Membership can give you peace of mind, knowing we're there for you, keeping you safe."

Visit caaniagara.ca/membership/compare to learn more.



Dog Onboard

Keep your canine safe on road trips

GOING ON A FUN ROAD TRIP with the whole family takes planning—and even more so when you're bringing your furry friend along. Here are five tips to make sure your dog enjoys on-the-road summer vacation as much as you do.



START TRAINING EARLY

If your pet isn't accustomed to car travel, start with short drives to help it get used to motion and sounds, advises Daniela Escobar, CAA Niagara's insurance product manager. "And familiarize your pet with the carrier before the trip by leaving it open in your home and placing treats or toys inside."



PLAN A PET-FRIENDLY ROUTE

As you map out your trip, find rest areas, parks and accommodations that welcome pets, and plan for regular breaks to allow your dog to stretch its legs and relieve itself. Escobar suggests aiming for a break every two to three hours—which is much the same timing for drivers on long trips.



UPDATE YOUR DOG'S TAGS

Ensure your pet has a collar and proper identification tags with up-to-date contact information in case the dog manages to get away from you.



INVEST IN A GOOD ROAD-SAFETY SYSTEM

"Use a proper restraint system, such as a dog seat belt or car harness or a travel crate to keep your pet secure," Escobar advises. If you're using a travel crate, bring familiar items from home, such as a favourite toy or bedding to provide a sense of comfort.



GET A LITTLE EXTRA INSURANCE

Just like us, pets can face unexpected bumps along the road, from minor accidents to sudden illnesses, Escobar says. Best to be prepared for the unexpected.

"Pet insurance can be your safety net, offering financial reimbursement for eligible vet bills and medical expenses," she says. CAA Members receive a preferred rate of 12 percent off for coverage through Pets Plus Us pet insurance plans*, so you can travel worry-free, knowing your pet is protected and can see any licensed vet in Canada and the U.S. As well, you have holiday-trip cancellation coverage if your pet has a medical emergency.

Visit caaniagara.ca/petinsurance to learn more.

*CAA Members receive a preferred rate of 12% off. Non-members receive a preferred rate of 7% off. The information herein is summarized. All Pet Insurance plans have limitations and exclusions. Specific products, features, rates, and discounts may vary by province, eligibility, and are subject to change. For all terms and conditions visit: <https://www.petsplusus.com/service-claims/brochures-guides>
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Adulting is hard. We make it easy.

To learn more and get a no obligation quote, visit caaniagara.ca/petinsurance, or call 1-833-323-2455 to speak with a Pets Plus Us customer care representative.

*CAA Members receive a preferred rate of 13.5% off. Non-members receive a preferred rate of 9% off.

The information herein is summarized. Specific products, features, rates, and discounts may vary by province, eligibility, and are subject to change. For all terms and conditions visit: <https://www.petsplusus.com/service-claims/brochures-guides>

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Are life's *ruff* moments stressing you out?

Members save 13.5% on Pets Plus Us Insurance!¹

Get a Quote



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Memorable Milestones

Celebrating life's big moments with perfect vacations | *By Briony Smith*

IT'S MEANINGFUL to mark major milestones in life, and getting together with people who are important in your life is central to any celebration. Why not go next-level by commemorating these big moments with an unforgettable holiday?

Whether you're planning a reunion or dreaming of a special anniversary getaway, CAA can help you plan the perfect group journey. "We take care of all the details, such as airline

check-in, baggage handling, reconfirming hotels and attractions—and, especially, dealing with any interruptions," says Lois Sarkisian, the group tours manager for Journeys by CAA Niagara. "Our CAA Tour Director takes care of all this, so our passengers can enjoy their holiday."

Here are some travel experiences that can make your next milestone memorable:



MILESTONE: A big birthday

TRIP: Alaska and Yukon Cruise Tour (Aug. 5-17, 2024)

Set the tone for your next decade with an adventurous romp through the northern landscape of Alaska and the Yukon. Follow the Gold Rush path on the Historic White Pass Rail train, check out majestic Mount Denali and the wild nightlife of Dawson City along the way, then sail past magnificent glaciers.



MILESTONE: A loving family reunion

TRIP: Arctic Circle and Norwegian Fjords (Aug. 7-22, 2024) or Croatia Coast and Venetian Cruise (Sept. 26-Oct.10, 2024)

If you want to balance quality time with your clan with rich solo activity options, a cruise is the perfect pick. "It allows every family member to experience their holiday at their own pace and still be able to meet daily to enjoy a meal together or a show, visit a port city and even play a game onboard the ship," says Sarkisian. Bonus: With cruising, all meals are included, which helps keep the reunion budget-friendly.



MILESTONE: A momentous anniversary

TRIP: Rhine River Cruise with Lake Como (May 22-June 2, 2025)

Max out the romance with a river cruise where every cabin boasts a swoon-worthy water view. "River cruising is intimate, with not many people onboard," Sarkisian notes. "The service on these ships is very elegant and the food wonderfully prepared, plus each of the ports they visit is unique, quaint and picturesque." All meals, drinks with lunch and dinner, and shore excursions are included.



MILESTONE: A glorious retirement

TRIP: Experience Newfoundland & Labrador (July 24-Aug. 4, 2024 or Aug. 19-30, 2024)

You've toiled long and hard and now it's time to indulge yourself and enjoy a laid-back holiday. "When travelling in this province on our tour, passengers experience the culture, the people, the food, the music and the scenery," Sarkisian says. CAA does all the work for you—they hire a local guide that stays with the group during the whole trip and fully immerses you into the coastal way of life.

Visit caaniagara.ca/travel/journeys to help make it a real milestone.

Don't let fun in the sun lead to vacation *burn out*.

Members save 10% every day on CAA Travel Insurance!

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Travel Insurance

Adulting is hard. We make it easy.

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

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

UPCOMING DAY TOURS

Join us for an unforgettable day!

JOURNEYS

BY CAA NIAGARA

Something Rotten! @ Stratford Festival
June 18 & September 10

Grand River Cruise
June 27 & September 24

Cirque du Soleil: ECHO
July 7

Rembrandt & His Peers @ AGO
July 9

Comedy in Chautauqua County Overnight
August 18 to 19

London's Farmer Market
August 22

Toronto Blue Jays vs Los Angeles Angels
August 25

Niagara's Power Station Tunnel & Mackenzie Printery
August 27

Frank Lloyd Wright Architecture Tour
September 6

Muskoka Overnight
October 1 to 2

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

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



SCAN HERE



Ribeira area in Porto, Portugal

New Horizons

Find adventure by heading off the beaten path | *By Briony Smith*

YEARNING FOR A NEW adventure?

Keen to strike out into less-explored territory but unsure where to go? CAA Travel Consultants are there to help.

“Our Travel Consultants excel in discovering hidden gems and off-the-beaten-path options,” notes Beth Fleton, CAA Niagara’s associate director of travel sales and experience. “We do it through a combination of continuous education, a robust network of industry connections, exclusive access to CAA resources and offers, and a personalized approach to understanding each traveller’s preferences.”

Your journey starts with meeting with a CAA Travel Consultant—just bring some inspiration along.

“Engaging a CAA Travel Consultant in the quest for off-the-beaten-path experiences involves a collaborative and personalized process,” Fleton says. At the initial consultation, they’ll delve into your preferences and interests to help start planning your dream vacation—perhaps you’re craving some beach time or you’re interested in getting to know a faraway city.

Here, Fleton shares some examples of less-travelled experiences, plucked from a world of wonderful possibilities.

“
Your journey starts with meeting with a CAA Travel Consultant

A REMOTE BEACH, like **Honokalani in Maui, Hawaii**

Known for its jet-black volcanic sand, dramatic sea caves and lush surroundings, this secluded beach offers a unique coastal experience. With its rich cultural history and stunning landscapes, Honokalani Beach appeals to those seeking a special and tranquil escape away from typical tourist spots.

A LESS-TRAVELLED GEM OF A CITY, like **Porto in Portugal**

Seeking a relatively serene urban experience? Nestled along the Douro River, Porto is celebrated for its historic charm, vibrant neighbourhoods and world-renowned port wine cellars. Visitors can stroll on narrow cobblestone streets, marvel at colourful tiled façades and indulge in local delicacies along the riverfront.

A HIGH-ALTITUDE HIKING ADVENTURE, like **Lares Trek in Peru**

A lesser-known alternative to the Inca Trail, Lares Trek offers a culturally immersive experience with a focus on connecting with Indigenous communities. Traversing through spectacular Andean landscapes, hikers have the opportunity to interact with local Quechua-speaking villagers, gaining insights into traditional Andean life.

Once you’ve settled on a destination, your CAA Travel Consultant will customize an itinerary with exclusive access and Member benefits. All you have to do is go!

Visit caaniagara.ca/travel to explore the possibilities of journeys off the beaten path.



Join **AmaWaterways** for a luxurious river cruise across Europe, Southeast Asia, and Africa. At AmaWaterways, it's all about love, and they pour that love into everything they do. Enjoy delicious locally-sourced meals, hand-picked fine wines, and top-notch personalized service as you glide along the river.



CAA Members always travel with benefits:

- Save \$360 per stateroom on sailings seven to 11 nights
- Save \$720 per stateroom on all sailings 14 nights or more
- Europe welcome gift: receive a bottle of wine and a box of chocolates
- Asia & Africa cruises: \$50 USD per stateroom onboard spending credit

For more information, or to learn about **CAA Member Benefits with AMAWaterways**, contact one of our Travel Agents today.



In-branch • 1-800-263-7272 • caaniagara.ca/travel



Community Social

A CAA calendar of summer events

IT'S AN EXCITING TIME OF YEAR FOR CAA NIAGARA COMMUNITIES.

“Our events are all about community—coming together as a community or joining forces to support those in our community who need it,” says Chelcie Armstrong, CAA Niagara’s events marketing coordinator. “And CAA events are always either free or offer discounts for Members, plus, there are usually contests and giveaways.”

EV SHOWCASE

Date: May 25

Location: Pen Centre

Electric Vehicle experts and vendors share their knowledge and products during a discussion panel and exhibitor fair, featuring EV test drives.

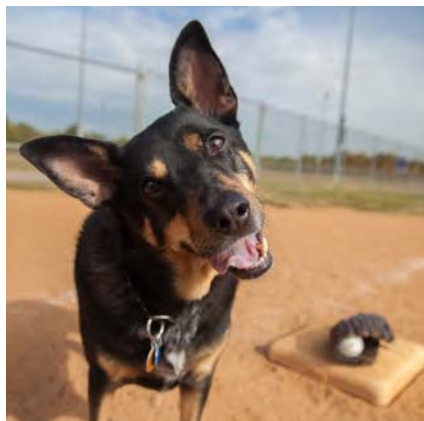


BARK IN THE PARK

Date: June 1

Location: Welland Stadium

Bring along your pupper to the ballpark for a pet-friendly Welland Jackfish game.



PRIDE IN THE PARK

Date: June 8

Location: Montebello Park

Celebrate Pride at this outdoor festival with 2SLGBTQ+ entertainment, live musical acts, drag performers, family friendly activities, food/merchandise vendors and more.

HAPPENING IN GRIMSBY

Date: June 15

Location: Main St. & Coronation Park

Head over with the family to this rollicking street festival packed with family-friendly activities, a vendor fair and live entertainment.

MERRITTVILLE NIGHT

Date: June 15

Location: Merrittville Speedway

CAA Niagara presents Nostalgia Night, one of the season’s most exciting speedway events, featuring races and a wide range of car marques.

PACK THE PARK

Date: July 11

Location: Welland Stadium

CAA Niagara Members fill the stadium for a free Welland Jackfish game and family-fun activities, like face painting and lawn games.

TROPICAL NIGHT

Date: August 3

Location: Welland Stadium

Ramp up the fun of watching Welland Jackfish baseball on this tropical-themed evening, with fun giveaways and a Steel Drum Band performance pre-game.

TOUCH A TRUCK

Date: August TBD

Location: Seaway Mall

Get up close and personal with the different trucks, vehicles and equipment that help Emergency & Community Services do their jobs at this free event for families.



Visit caaniagara.ca/events to stay up to date on all things CAA Niagara.



Local Pursuits

Wonderful staycation options beckon in Niagara

AN AMAZING VACATION could well be spent right in your own backyard—especially if your backyard is as gorgeous as the Niagara region. “With world-class amenities, wineries and attractions right on our doorstep, CAA Niagara Members don’t need to travel far to experience the wonders that thousands of people come to see every day here,” says CAA Niagara rewards specialist Trevor Powell.

So, which staycation is right for you? Do you want...

...an arts adventure?

Powell’s pick is From the Arts Studio. Locally owned and operated, this St. Catharines studio offers classes, drop-in ceramics painting and take-home kits at 15% off for CAA Members. There’s also the Sculpture Garden and John Mann Gallery at 13th Street Winery. Wander through the scenic property and take advantage of the CAA Member discount on tastings.

...a break from the kids?

Hit the gorgeous Crystal Beach. “With great shopping and restaurants at your doorstep, escaping from your busy everyday life can be on beach time,” Powell points out. Staycation in one of Hotel Philco’s 12 themed rooms—the Glam or the Nautical, to name just two—where CAA Members get a \$50 dining credit and save up to 20% when booking two nights.

...some family fun?

“Family vacations can provide great memories for everyone and build traditions for years to come,” Powell notes. Pack your family staycation with fun activities like Bird Kingdom, where you can enjoy unique experiences like the Night Jungle or Lorikeet Feeding (and save 25% on admission with your CAA Membership). Want to grab some easy, affordable takeout on the way home? Try Swiss Chalet for a CAA Member’s discount of 10% off online, mobile app or on phone orders over \$50.

...a sportier stint?

Put together an action-packed itinerary featuring a Welland Jackfish baseball game—CAA Members save \$2 per ticket. Or, head to the track. “Join thousands of other Niagara residents and catch a race at Merrittville Speedway, the oldest, continuously operated racetrack in Ontario,” Powell says. “And members save when buying tickets at a CAA Niagara branch.”

Visit caaniagara.ca/everyday to discover more ways to save on your next outing.

Front Row Seats

at Niagara’s Boutique Hotel

ONE-NIGHT CASINO PACKAGE

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All Decked Out

Bring your outdoor space back to life with a fresh coat of paint

AFTER A LONG WINTER INDOORS, you might be noticing that the exterior of your house or vacation property needs some TLC. Maybe the paint is peeling, or the stain on your deck is faded. Here are a few tips to help you spruce things up so you can savour your outside time, at home or away at the cottage.

1. Pick a new hue



Try an on-trend shade to brighten your patio, back deck or other exterior spaces. A tranquil green-blue can help you create a relaxing outdoor oasis. If you prefer something more neutral, opt for an on-trend warm honey colour instead of the usual grey or brown. Limitless, Dulux 2024 Colour of the Year, is like liquid sunshine and pairs well with wood tones.

2. Do the proper prep



It's important to prepare exterior surfaces correctly. Remove loose, flaking, chalky or blistered paint with a paint scraper, putty knife, wire brush, or a power washer. Existing stain need not be removed if sound but use a stripper if peeling excessively. Repair any damage and sand where needed to create a smooth surface.

3. Stain when the time is right



Only stain when wood and weather are dry. At least 16 hours after a light rainfall, 24 hours after a heavy rainfall or high-pressure cleaning. Ideally stain in the range of 10 to 32°C and out of direct sunlight so that it has the time to penetrate before it dries and to avoid lap marks.

4. Find the right paint and stain for your needs



Head to your neighbourhood Dulux Paints store, where the expert associates can help you pick out the perfect colours and the ideal products for your exterior project. You'll also save 25% off the regular price of all Dulux manufactured paints and stains, 10% off accessories, plus earn an additional 3% back in CAA Dollars®. Find your local store at [Dulux.ca](https://www.dulux.ca).

Visit a Dulux Paints store today to find everything you need for a summer-space makeover.

Electric Avenue

Spark your interest in EVs at our next showcase

ARE YOU LOOKING to improve your vehicle savings, spend less time and money on maintenance and reduce your emissions—all while enjoying high-performance technology?

Come check those boxes at the CAA Niagara EV Showcase, on May 25, at the Pen Centre in St. Catharines. Learn more about electric vehicles from vendors showcasing their newest products and services through demos, and a special EV panel of industry experts and enthusiasts. Plus, there will be opportunities to test-drive EV models.

There are many benefits to driving an EV, according to CAA Niagara communications specialist Rhiannon Fleming. EVs help reduce carbon emissions, promote environmental sustainability and mitigate the impact of climate change.

And despite the initial ticket price, there is the potential for long-term savings. “EVs generally have lower operational costs compared to traditional internal combustion engine vehicles, benefiting drivers through reduced fuel and maintenance expenses,” Fleming says.

Electric motors are also more efficient than traditional internal combustion engines, converting a higher percentage of energy from the power source to the wheels, she notes.



“Embracing the future means driving change today. As CAA Niagara continues to advocate for a world that’s kinder to the environment and looks out for consumers, our EV Showcase is the place where you can see and feel the change happening right now. Our goal is to empower individuals with knowledge.”

Visit caaniagara.ca/events to learn more.



Get Road Ready.

Your CAA Membership saves you

- 10%** off Car Washes 
- 10%** off In-Store Purchases 
- +**
- 3¢/L** on Fuel* 

Fuel yourself and your car for less.
Simply swipe your card or load it into Shell EasyPay™ in the Shell App to start saving today! Learn More at caaniagara.ca/shell. *At participating locations. Conditions apply.



PHOTOGRAPH: PHAISARNWONG2517/ADOBE STOCK. ICONS: (OPPOSITE PAGE) COURTESY OF NOUNPROJECT

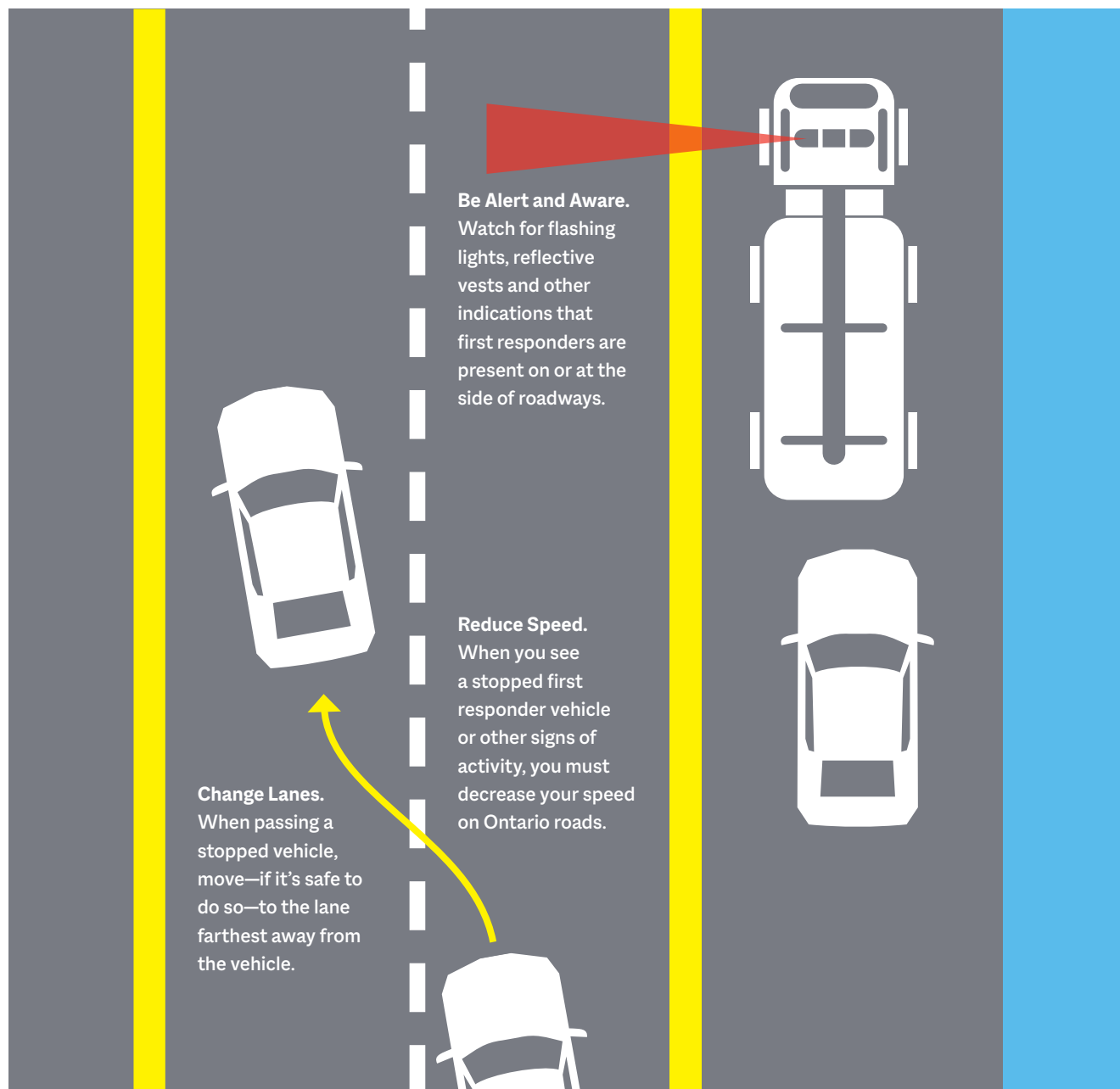
Slow Down Move Over—Every Time

WHEN YOU ARE DRIVING, safety should always be top of mind—yours and the folks outside of your vehicle. That includes tow truck drivers, construction crews and first responders such as paramedics, law enforcement officers, firefighters and patrol staff, who are extremely vulnerable on our highways.

It's crucial—as well as the law—for motorists to reduce speed

and change lanes when approaching these workers. In 2015, after many years of advocating for the safety of our roadside heroes, CAA was successful in getting the government to include tow trucks in Slow Down, Move Over legislation in Ontario. To raise awareness, we recognize the second Tuesday in May as CAA Slow Down Move Over Day. This year, it's May 14.

Here's what to keep in mind:



Visit caaniagara.ca/community/road-safety/slow-down-move-over to learn more.



NEW YORK, NEW YORK!

August 12 to 15 & November 18 to 21, 2024

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, Wall Street, Ground Zero and much more. Located in midtown Manhattan, our hotel is just steps away from shopping, theatres, museums and many famous landmarks. Whether it is summertime or holiday time, anytime is great to visit the Big Apple!



TORONTO BLUE JAYS IN CHICAGO

August 15 to 19, 2024

Sports

Travel to Chicago to catch two games between the Toronto Blue Jays vs Chicago Cubs. Relax with a four-night stay at the Hampton Inn Majestic Chicago Theater District. The tour includes a guided city tour, an inside look at Wrigley Field. Learn about Chicago's architecture on an informative river cruise. With lots of free time to explore all that the Windy City has to offer.



EXPERIENCE NEWFOUNDLAND & LABRADOR

August 19 to 30, 2024

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. See it, feel it, taste it, live it! Immerse yourself in Newfoundland and Labrador!



CORNING & THE FINGER LAKES

August 27 to 29, 2024

Tuxedo Classic

Looking for a relaxing end of summer getaway close to home? Look no further. Join us on a getaway to Corning and the Finger Lakes. From the small cascading waterfalls to the thunderous ones, marvel in the beauty of the Finger Lakes. Admire the glorious Cornell Botanic Gardens, enjoy shopping in Ithaca, and explore the shops and restaurants in the Gaffer District in Corning.



CAA MEMBER APPRECIATION CROATIA & VENETIAN CRUISE

September 26 to October 10, 2024

Relaxation

Sail with Holland America Line from Athens, Greece onboard the Oosterdam. Visit the ports of Hvar, Korcula and Zadar in Croatia. In Italy, travel to the canal city of Venice. Enjoy the Greek spots of Corfu, Argostoli, and Olympia. Includes two nights in the historical city of Athens.



EXPERIENCE NEW ORLEANS

October 21 to 25, 2024

Tuxedo Classic

Journey through the Old South, with its vast plantations, antebellum mansions, and measured pace of life. Explore the Garden District, the Riverwalk Marketplace, and the French Quarter of New Orleans. Enjoy Creole cooking, an overstuffed po'boy, and a beignet at Café du Monde – the original French Market coffee stand. Visit two plantation homes and enjoy a steamboat dinner cruise along the Mississippi.



RHINE RIVER CRUISE WITH LAKE COMO

May 22 to June 2, 2025

Relaxation

Embark on holiday in Italy's haven for the rich and famous and know for its beauty, Lake Como. Then continue onto Basel, Switzerland to board the AmaSerena and cross into France's Alsace region in enchanting Strasbourg. Next is Germany, to discover not only the grand city of Cologne but the charming villages like the winemaking hamlet of Rudesheim, and hilltop town of Heidelberg.



Outsmarting Vehicle Thieves

Tips to safeguard your car

A VEHICLE IS STOLEN every five minutes in Canada, according to a 2024 report commissioned by Equite Association. Often, organized crime is behind these thefts, which add up to a billion-dollar-a-year problem in Canada.

“One of our company’s key focuses for 2024 is to educate consumers about ways to protect themselves against auto theft,” says Elliott Silverstein, director of government relations at CAA Insurance. “Insurance companies, governments and auto manufacturers each need to do their part to get control over this so Canadians don’t pay the cost of auto theft in the form of higher insurance rates.”

What can you do to outsmart thieves? Here are some suggestions from CAA Insurance:

- Secure your parked vehicle with a steering-wheel lock, brake pedal lock or wheel lock (also known as tire lock).
- Use a Faraday box/pouch to store key fobs.
- Lock your doors—even while driving.
- Ensure that items are out of sight and never leave valuables in your vehicle.
- Park inside a garage if possible.
- If you have multiple vehicles, park the one of lesser value closer to the road.
- Install motion-activated lights and/or a camera pointed at your driveway.
- Stash a GPS tracking tag in your vehicle, so authorities can track it—or use two, placing one where a thief could find it and the second in a well-hidden spot to outsmart a thief who thinks they’ve found the tracker.
- Share any suspicious activity with law enforcement.
- Consider a professionally installed after-market immobilizer, which prevents your vehicle’s engine from running unless the proper key or key fob is inserted.



Auto Insurance is underwritten by CAA Insurance Company. ®/™CAA trademarks are owned by, and use is authorized by, the Canadian Automobile Association. Certain conditions, limitations and underwriting guidelines apply.

SPONSORED

The Pinnacle of Performance

How Shell V-Power® NiTRO+ Premium Gasoline is redefining *premium* | By Sean Deasy

SHELL STRIVES TO ENGINEER SUPERIOR FUELS that seamlessly trace from the pinnacle of motorsport excellence to the everyday road, pushing the boundaries of quality and performance. The latest result of those efforts: the new and improved Shell V-Power NiTRO+ Premium Gasoline—a fuel that will rejuvenate your engine's performance.

The power of high-tech fuel formulas

What's added to gasoline to impact its performance and efficacy differs from brand to brand. A formulation that enables gasoline to clean the engine as it operates—eliminating or reducing the buildup of carbon residue—also heightens the fuel's power and performance.

"It's a very sophisticated additive technology," says Sarina Arnold—Shell's technical lead for fuel product implementation and technical services in the Americas—referring to the formula that goes into Shell's improved premium offering. Keeping the engine clean is key. "Performance actually is derived from maintaining your engine as the manufacturer intended—it is not designed to perform in a dirty state."

Better performance comes from being innovative—and from teamwork. The strength of Shell's fuel innovation is reflected in its partnership with Scuderia Ferrari—one of the longest running associations in Formula 1™ history. Learnings from the track are applied to the fuels available to Shell's customers on the road.

In fact, the Shell V-Power racing fuel used in Ferrari cars when they compete in the Formula 1 series contains 99 percent of the same types of compounds as Shell V-Power NiTRO+ Premium Gasoline available at the pumps.

What's different about the new Shell V-Power NiTRO+ Premium Gasoline?

While past formulations of Shell V-Power NiTRO+ Premium Gasoline have focused on engine protection, Shell has added new performance benefits to this latest version while

“
It's a very
sophisticated
additive
technology

maintaining all of its previous protection benefits. The fuel was designed to quickly reach the surfaces of critical engine components, forming a protective barrier against four threats to an engine—deposits, wear, corrosion and friction.

Now Shell V-Power NiTRO+ Premium Gasoline removes up-to 100 percent* of performance-robbing deposits to rejuvenate an engine's performance. The unique deposit-eradicating technology in the premium fuel targets and destroys deposits and protects against future buildup in the most critical part of the engine: the fuel injector. This frees the flow of fuel, so you get optimal burn for peak performance and a revitalized cleaner engine.

And just like a sustained healthy diet improves your overall health, continuously using premium fuel helps a vehicle receive the maximum performance and protection benefits that it is designed to deliver.

Shell V-Power NiTRO+ Premium Gasoline represents the latest generation of premium-performance fuel and is the result of more than a century of experience in fuel innovation. And it is now at a Canadian Shell-branded service station near you.

CAA is proud to be partnered with Shell Canada, and extend everyday savings to Members of 3 cents per litre, and 10% on convenience retail and carwash purchases.**

PHOTOGRAPH: (OPPOSITE PAGE) PHOTOCREO BEDNAREK/ADOBE STOCK

**NEW &
IMPROVED**



Shell
V-Power NiTRO+
Premium Gasoline



Limited-time offer:

Use your CAA Membership to save 5 cents per litre on Shell V-Power® fuel until Aug. 31, 2024.**

Visit caaniagara.ca/shell to learn more.



*In gasoline direct injection engine fuel injectors with continuous use of Shell V-Power® NITRO+ Premium Gasoline.

**At participating locations. Conditions apply. Trademarks and registered trademarks are property of their respective owners. Shell trademarks are owned by Shell Brands International AG.

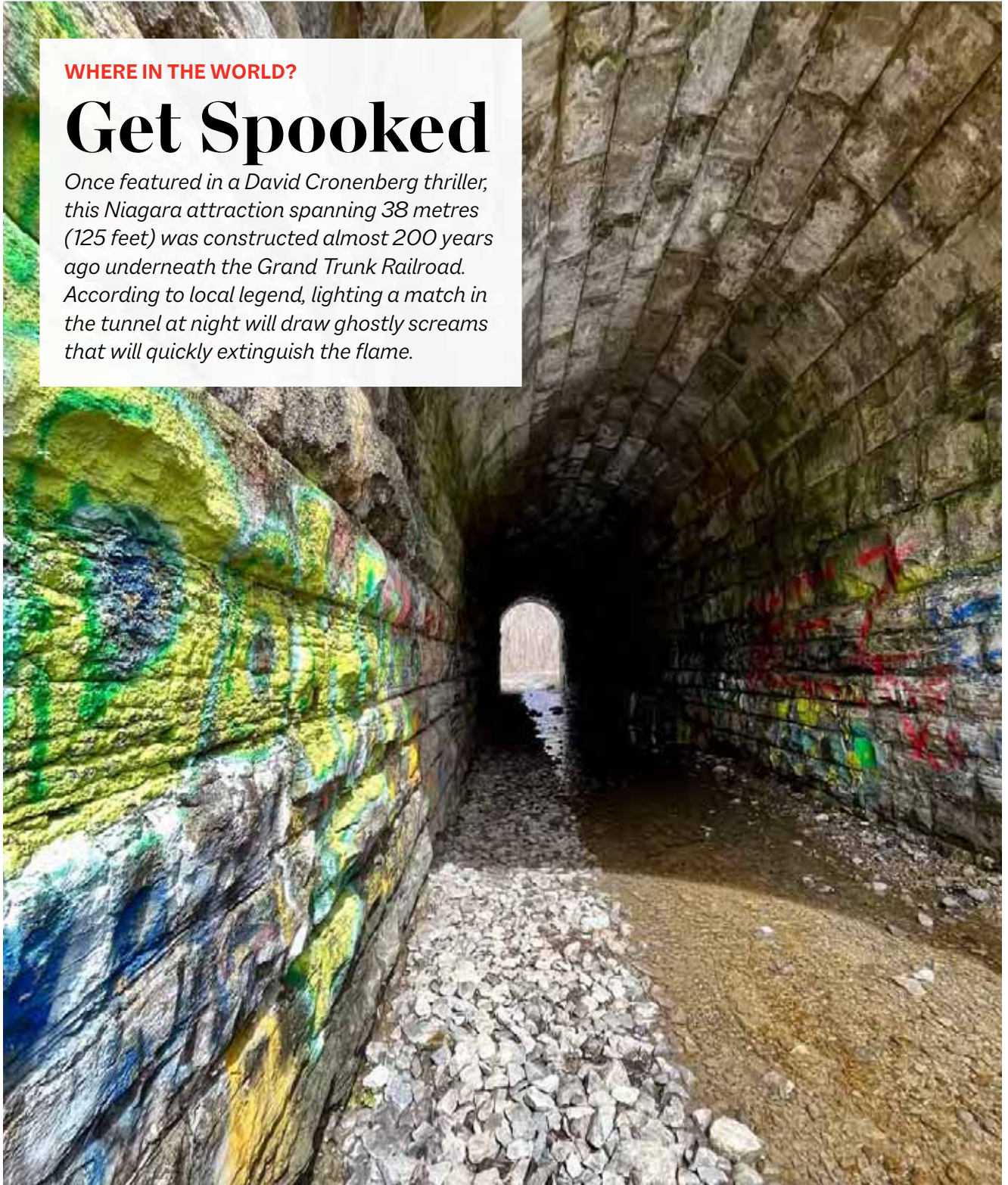
removes up to 100%
performance-robbing engine deposits*
shell.ca/vpower

* In gasoline direct injection engine fuel injectors with continuous use.

WHERE IN THE WORLD?

Get Spooked

Once featured in a David Cronenberg thriller, this Niagara attraction spanning 38 metres (125 feet) was constructed almost 200 years ago underneath the Grand Trunk Railroad. According to local legend, lighting a match in the tunnel at night will draw ghostly screams that will quickly extinguish the flame.



PHOTOGRAPH: ALEISHA BAUS



Think you know where this is? Send us a note at magazine@caaniagara.ca and tell us about it.

And check out our fall 2024 issue for the location reveal!

Last issue's Where in the World? was Happy Rolph's Animal Farm.



Better hearing keeps you connected.

Enter for a chance to win!*

Complete a hearing test by June 29 and you'll be entered to win a pair of hearing aids (valued at over \$8,000)!*

CAA
Member
Exclusive
Contest

As a CAA Member we want to help you take care of your hearing health. Complete a free hearing evaluation** before June 29th and you could win a pair of hearing aids!

To be entered, simply visit connecthearing.ca/contest-caa and fill out the form to schedule and complete a full hearing test by June 29 at your local Connect Hearing clinic. Learn more at connecthearing.ca/contest-caa or call **1.866.948.0660**.

CAA Member Benefits:

- ✓ Save up to \$2,000 on a pair of Select level hearing aids***
- ✓ 15% off everyday listening products
- ✓ 5 years of free batteries with hearing aid purchase
- ✓ CAA Members always get our lowest price!

Prioritize your hearing health and you could win a pair of hearing aids!*

1.866.948.0660 • connecthearing.ca/contest-caa



*No purchase necessary. Closes June 29, 2024 at 5:00p.m PT. Open to residents of Canada (excluding Quebec). Enter at participating Connect Hearing clinic locations. To be entered to win, visit connecthearing.ca/contest-caa to register and complete a full hearing test at a Connect Hearing clinic within the contest period. Must have a valid CAA membership to win. Full rules on-site and at: connecthearing.ca/contest-caa. (1) prize available consisting of two (2) hearing aids, a hearing evaluation and consultation at a Connect Hearing clinic in Canada; ARV: \$8,660. Skill-testing question required. Odds depend on the number of eligible entries. **Hearing evaluations/tests are free for customers over the age of 18. Fees may apply where specific testing for employment purposes, reports, a copy of your results or the completion of an application is required. See clinic for full details. ***Private clients only. Offer is not applicable with Hearing Care Plan. Cannot be combined with any other offer, rebate or previous purchase and is non-redeemable for cash. Save up to \$2,000 on a pair of Select level Sonova hearing aids; 15% off Advanced level, and 10% off Standard level with a valid CAA membership. This offer is a tiered rebate determined by which level of Sonova Hearing Technology purchased. Offer expires September 30, 2024. Lyric, Bone Anchored Hearing Solutions, Econo aids, Non Sonova and AB products excluded. Offer available at Connect Hearing locations. See clinic for details. *CAA and CAA logo trademarks owned by, and use is authorized by, the Canadian Automobile Association. CAA Rewards™ used by the Canadian Automobile Association.



Donate Your Car To Help Canadians Fight Kidney Disease

The Kidney Foundation of Canada supports people affected by kidney disease through the delivery of programs, services and investments in vital kidney research. When you make your car a Kidney Car, you're driving change and providing hope.



Free Tow

Kidney Car provides free and fast towing.



Tax Receipt

Every vehicle donation is eligible for a \$700+ tax receipt!



Hassle-Free

From logistics to paperwork, we take care of it all.



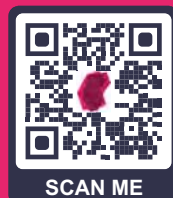
The Trusted Choice

We've earned the trust of tens of thousands of Canadian donors who have chosen Kidney Car.



Ready to make a difference?

Donate your car today to Kidney Car. Scan the code with your phone to get started!



kidneycar.ca