

CAA

MAGAZINE

- Voluntourism in Hawai'i
- Fall into Adventure this Season
- Automotive Recalls: What to Know

FALL 2024

FUN AND GAME

A JOURNEY TO SOUTH AFRICA OFFERS
BIG CITIES AND SENSATIONAL SAFARIS



THINK OF KENTUCKY AS
A PORTAL TO OTHER WORLDS.



A getaway to Kentucky offers all kinds of opportunities to escape the everyday world.
Plan your trip at kentuckytourism.com.

TEAM
KENTUCKY
DEPARTMENT OF TOURISM

KENTUCKY
Come see for yourself

The Gorge Underground, Rogers

ROAD MAP

FALL 2024

DEPARTMENTS

04 A MESSAGE FROM CAA

Letters from our President and our Board Chair.

07 MEMBER STORIES

09 RADAR

Travel, arts, culture, local hot spots and more.

COLUMNS

14 DREAM TRIP FOR LESS

If you think a trip is out of reach on your current budget, think again.

15 SMOOTH OPERATOR

Choosing the correct engine oil is critical to ensuring your vehicle performs as it should.

17 WHAT'S YOUR FAVOURITE?

Meet Niagara Bound Tours founder and CAA Member Lezlie Harper.

19 THE GOOD PLACE

From tree planting to wetland creation, Land Care Niagara's educational outreach programs promote responsible land stewardship.

FEATURES

20 GAME ON

A journey to South Africa offers both big-city fun and game drives on safari.

26 NEW WAVE

Balance beach time with voluntourism to experience—and help protect—the true nature of Hawai'i.

30 MEET ME AT THE FAIR

Canada's fall festivals and exhibitions offer more than pie-eating contests—they're a time-tested way to build community.

32 TOTAL RECALL

For problems related to vehicle safety, manufacturers must ensure defects are fixed. Here's what you need to know.

INSIDER

37 IN YOUR CORNER

Cycling safety tips, a pet-insurance rundown and how to save on back-to-school shopping trips. Plus, CAA Member updates, helpful resources and what's coming next.

BACK PAGE

50 FAMILIAR GROUND

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

Stay Safe on the Roads

FALL MARKS not just a change in seasons—it's also a critical time to focus on road safety.

Impaired driving continues to be a pressing concern. Alcohol, drugs and even fatigue can impair a driver's ability to operate a vehicle safely. Planning ahead by arranging for a designated driver or using alternative transportation can prevent tragic consequences.

“

With schools reopening, the increase in daily traffic, bustling school zones and the joyful chaos of children at crosswalks remind us of the essential need for heightened vigilance on our roads

With schools reopening, the increase in daily traffic, bustling school zones and the joyful chaos of children at crosswalks all remind us of the essential need for heightened vigilance on our roads. We

urge drivers to adopt extra caution—slow down in school zones, yield to crossing guards and stay alert.

Eliminate distractions such as texting, talking on the phone or adjusting the radio while behind the wheel. Keeping your eyes on the road and your hands on the wheel can prevent accidents and save lives.

Pedestrians and cyclists must also prioritize safety. Avoid distractions like headphones and mobile devices while crossing streets, obey traffic signals and utilize designated crosswalks or cycling lanes whenever possible.

At CAA Niagara, we view road safety as a year-long commitment. Visit caaniagara.ca for a wealth of safety tips and resources for all ages. Educators can access dedicated materials at ontarioroadsafety.ca for integrating road-safety lessons into classrooms.

Let's all work together to ensure a safe return to the school year for our entire community. **CAA**



Mike Goodale
Chair
CAA Niagara

At CAA Niagara, we're committed to your safety and well-being on the road. Visit caaniagara.ca for more information on available resources.

Amplifying Impact, Together

AT CAA NIAGARA, we're committed to giving back to the vibrant communities we serve. Since its inception, our Community Boost program has been a cornerstone of that commitment. With Community Boost now in its sixth year of empowering local organizations, we're thrilled to announce the 11th and 12th recipients joining this dynamic initiative—the Toolbox Project and the Family & Children's Services (FACS) Niagara Foundation.

These two remarkable organizations share our dedication to making a difference in Niagara. Through a donation of \$10,000 for each of them, along with marketing and promotional support, we aim to amplify their impact and ensure they have the resources to continue their vital work. In addition, the recipients' branding is on decals on two new fleet vehicles to increase public awareness

in communities across Niagara.

The Toolbox Project has become a lifeline for Niagara's unhoused population. Its mission to provide essential care packages has seen incredible growth, bringing much-needed relief and comfort to those facing difficult times.

The FACS Niagara Foundation plays a crucial role in protecting children and youth and strengthening families in our region. By raising funds to enhance FACS Niagara's programs and services, the Foundation empowers children, youth and families to reach their full potential.

By working together, CAA Niagara and these organizations can make a real difference in the lives of those in need.

Thank you for being a part of the CAA Niagara community. **CAA**



Peter Van Hezewyk
President and CEO
CAA Niagara



From left: Toolbox Project and supporters with their branded CAA Niagara tow truck; FACS Niagara Foundation executives stand proudly with their new truck and donation.

Visit toolboxproject.ca and facsniagarafoundation.org to learn more about our 2024 Community Boost partners.

Visit caaniagara.ca/drivingchange for more information on CAA Niagara's community involvement.

ADVERTORIAL

Tales That Travel

Experience the contrast of a dark, murderous tale set in British Columbia's bright Sunshine Coast. Fall in love with Prince Edward Island as you listen to a romance set on its shores. Immersing yourself in a local audiobook while you travel adds adventure to the journey and brings the narrative to life. From coast to coast, we have a story to share no matter where the road takes you.



1 | British Columbia (B.C.)
The Suspect, L.R. Wright
British Columbia's Sunshine Coast isn't always so sunny for Staff Sergeant Karl Alberg, as the world-class detective finds himself solving the murders that continue to wash up on the shore. Soon to be a major television series.



2 | Alberta
The Road Years, Rick Mercer
Rick Mercer recounts his travels coast to coast with the *Rick Mercer Report*, finding all the best Canada has to offer. He meets new friends along the way, including his now longtime pal, Jann Arden, who shows him around her native Calgary.



3 | Manitoba
Winipêk, Niigaan Sinclair
From one of our nation's most influential thinkers on the issues impacting Indigenous cultures and communities: the story of Winnipeg as it illuminates the reality of Indigenous life all over what is called Canada.



4 | Ontario
The Marrow Thieves, Cherie Dimaline
In this dystopian young adult novel, the Indigenous people of North America are facing a new threat to their survival. A Canada Reads finalist, by Cherie Dimaline, a member of the Georgian Bay Métis Community.



6 | Prince Edward Island (P.E.I.)
This Summer Will Be Different, Carley Fortune
Freshly shucked oysters swimming in their own Atlantic brine, slow walks on red sand beaches and steamy seaside love. A glorious and tantalizing escape set on P.E.I. by the #1 *New York Times* bestselling author Carley Fortune.



5 | Ontario
Moon Road, Sarah Leipciger
Leipciger beautifully observes a portrait of marriage, divorce and reconciliation in a story that finds an estranged couple embarking on a road trip from small-town Ontario to B.C. to finally lay to rest the mystery that pulled them apart.



In need of a new listen? Get these books from your favourite audiobook retailer and find out how you can win the whole playlist at www.penguinrandomhouse.ca/fall-audiobooks.



Penguin
Random House
Canada

Executive Art Director Lionel Bebbington

CAA Editor Rhiannon Fleming

Managing Editor Emily Rivas
 Copy Chief Dalí Castro

Senior Editors Karen Eull, Sean Deasy,
 Lisa Mesbur, Dick Snyder
 Editorial Assistant Alexis Ramlall

ART

Senior Designer Lauren Livingston
 Designer Zoë Rod

PRODUCTION

Production Manager Kim Latreille

FINALLY CONTENT

President Eric Schneider
 Creative Director Abi Slone
 Account Director Lindsay Taylor Thompson

SALES

Vice President, Media Sales Laura Maurice
laura.maurice@finallycontent.com
 National Account Manager Dana Francoz
dana.francoz@finallycontent.com
 Western and Atlantic Account Manager
 Jennifer Woolcombe
jenniferwoolcombe@finallycontent.com
 Account Manager Rachelle Vaughan
rachellevaughan@finallycontent.com

CONTRIBUTORS

Lauren Ferranti Ballem, Gillian Berner, Steven Bochenek,
 Mike Ellis, Lisa van de Geyn, Graham Heeps, Wendy Helffenbaum,
 Vawn Himmelsbach, Beth Hitchcock, Kim Hughes,
 Isabella Jusková, Alison LaMantia, Diane McDougall-Tierney,
 Truc Nguyen, Renée Reardin, Megan Richards,
 Briony Smith, Doug Wallace

**FOR CAA MEMBERSHIP INFORMATION
 OR TO CHANGE YOUR MAILING ADDRESS:**
 Online caaniagara.ca/myaccount
 Telephone 1-800-263-7272

CAA Magazine is created and published quarterly by Finally Content Inc., on behalf of CAA. All product specifications and prices were correct at press time. Merchandise shown is subject to availability while quantities last. The publishers cannot accept responsibility for the safe arrival of unsolicited manuscripts, transparencies or illustrations, but letters are welcome. Printing: TC Transcontinental. All rights reserved. Reproduction in whole or part is prohibited without prior written permission from the publisher. To place an ad in CAA Magazine, please contact sales@finallycontent.com. Publications Mail Agreement Number 40065459 Return undeliverable Canadian addresses to: 7810 Keele Street, Unit A, Concord, ON, L4K 0B7. CAA does not necessarily share the editorial opinions expressed in CAA Magazine, and third-party advertised products or services are not necessarily endorsed by CAA. ©CAA, CAA logo and CAA Dollars trademarks are owned by, and use is authorized by, the Canadian Automobile Association. ®/™CAA trademarks are owned by, and use is authorized by, the Canadian Automobile Association. Driven by Good™ is a registered trademark of CAA Club Group. ™CAA Rewards and CAA Connect are trademarks of the Canadian Automobile Association. Any advice is intended to provide general information only. CAA does not accept liability for damage or injury resulting from reliance on the information.



Member Stories

SMOOTH MOVE

Transferring my membership from Eastern Ontario to Niagara following my move to Welland was a no-hassle experience. The CAA Niagara representative I spoke to answered all my questions in a patient and helpful manner—she was awesome!

—Marie-Anne C.



Lake Louise, Banff, Alberta

TRAVELLING IN STYLE

When travel restrictions were lifted, my husband and I decided it was time for a vacation, one that had been on our bucket list for a while. Our CAA Niagara Travel Consultant took care of everything for us: booking our flights, arranging a car rental for our first week of exploring, and even booking us as GoldLeaf passengers on the iconic Rocky Mountaineer. We travelled through the majestic Canadian Rockies in comfort and luxury while enjoying gourmet meals on the train. Our most memorable moments were walking on the Athabasca Glacier, taking a boat ride on Maligne Lake to Spirit Island, and witnessing the most spectacular sunrise at Lake Louise. This was truly an unforgettable vacation. We have already booked another vacation through CAA Niagara and are looking forward to another wonderful trip.

—June S.

A GIFT TO REMEMBER

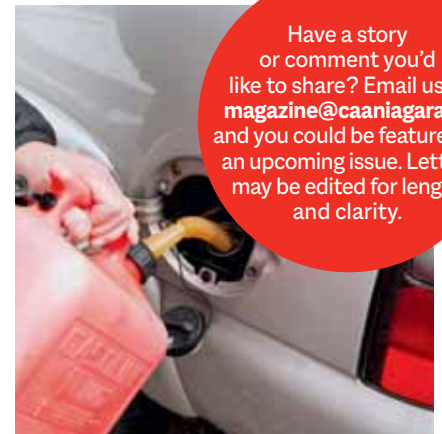
Each year, we gift our children CAA Memberships for Christmas. Years ago, our daughter and friends were renting a chalet and, on the way out, the driver's wheels went into the edge of a ditch. Our daughter was the only one in the car with a membership. This was before cellphones were commonplace, so some of them walked back to the chalet to call for help. In no time, they were on their way with the help of CAA.

—Gayle S.

THIRD TIME'S THE CHARM

Last year, I was driving to a gas station when I ran out of fuel on the way. I called CAA and a service vehicle operator swiftly arrived to deliver my gas and a jump start—soon enough, I was en route to a service station to fill up my tank. Once my tank was full, I went to get in the car but realized my dog had locked the doors! I had to call CAA again, and another service vehicle operator arrived soon after to unlock my car. As if that wasn't enough, I had to frantically wave him down one last time as he was leaving because my dog had locked the doors again! The service vehicle operator had a good laugh as he opened my door again and I quickly jumped in.

—Erma M.



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.



ST. LAWRENCE CRUISE LINES **NOW BOOKING**

Experience the best of Canada's rivers. See the beauty of the 1000 Islands and the history of the St. Lawrence Seaway on a classic Canadian riverboat.

4, 5, 6, 7 nights of small ship calm water cruising departs from Kingston, Ottawa and Quebec City.

Call 1-800-267-7868 to request our free travel brochure.

www.StLawrenceCruiseLines.com

253 Ontario St., Suite 200, Kingston, ON K7L2Z4 TIC0 #2168740

RADAR



Dive in: Marvellous close encounters with diverse marine life—including shark sightings (below)—await intrepid scuba divers.

Into the Wild Blue

Three dive destinations worthy of taking a plunge | *By Isabella Jusková*

IT CAN BE TOUGH choosing a dive destination, given the natural bounty of our vast blue planet. Take your pick from these three top spots teeming with fascinating marine biodiversity and glorious tropical settings.

MALAPASCUA ISLAND, PHILIPPINES

A one-hour boat ride north of Cebu, in central Philippines, will take you to Malapascua. This tiny island is known for much more than its pristine white-sand beach. Endemic to its waters—and a draw for divers from all over the world—is the thresher shark, whose distinctive feature is a ribbon tail usually as long as its body. To view these graceful creatures, you'll need an Advanced Open Water diver certification, as they're typically spotted at a depth of 20 to 30 metres (65 to 98 feet). Tours with the local dive centres head out before sunrise, since

early morning is when they're reportedly more active. And it's almost guaranteed that thresher sharks can be seen year-round in Malapascua.

COIBA NATIONAL PARK, PANAMA

Just off the coast of Panama's Pacific side is Coiba National Park, whose remote location and protected status help preserve its pristine ecosystems, offering divers a glimpse of unspoiled natural beauty. Every turn here fills you with wonder—the distinctive rock formations and the sudden encounters with schools of twirling mobula rays with their winglike fins. This Panamanian gem of a dive site is renowned for sheltering widely diverse array of marine creatures—including sharks, dolphins and whales—and as a migratory stop for many of them. Travel during humpback whale season (July to October) and you'll likely see—from your boat, between

dives—these magnificent mammals. And, if you're really lucky, you may even get to hear a mother and her calf exchanging songs underwater.

BORA BORA, FRENCH POLYNESIA

Located amid a cluster of islands known for their healthy marine biodiversity, Bora Bora offers memorable marine-life encounters even in its shallow lagoons. Dive into the calm turquoise waters to view vibrant coral reefs and resident aquatic species. Glide alongside graceful manta rays at a depth of around 15 metres (49 feet), with visibility as clear as day, thanks to a *motu* (reef islet) fringing the main island, which keeps the water calm and serene. It feels effortless to stumble upon the friendly blacktip sharks and stingrays, which captivate observers with their sleek and specialized scales, known as dermal teeth and denticles.

GET CERTIFIED

It may be tough to choose from so many great dive destinations, but it's easy to obtain certification. Opt for reputable dive shops or, better yet, a dive resort accredited by highly regarded groups, like PADI (Professional Association of Diving Instructors), NAUI (National Association of Underwater Instructors) or SSI (Scuba Schools International). Rise, shine, dive...repeat.



Learn more about CAA Insurance coverage for adventurous travel experiences, such as diving, parasailing, rock climbing and ziplining.

THE LOCALER

Carey Benvenuti

NOT EVERYONE GROWS UP with a parent who's a chef as Carey Benvenuti did, but she believes everyone has a right to good food regardless of their situation. That's why she used the skills she was taught to launch No One Goes Hungry, a local organization that makes homemade meals for people in need. After seeing food insecurity first-hand in her community, Benvenuti took action. "I got my [food handling certificate], found a certified kitchen, begged a bunch of my girlfriends to come together and we started cooking."

Now, Benvenuti hosts a cook-off once a month. She curates a menu plan with recipes and a grocery list. Then, with help from community donations and volunteers, her team prepares trays of high-quality meals. "We have a dedicated group of volunteers who know how to [produce] an enormous amount of food in one evening," Benvenuti says. Volunteers deliver frozen-food trays to two high schools and to YWCA shelters.

Recent cook-offs are usually funded, but at the start, Benvenuti would just post a list of needed ingredients online and divide the list among volunteers. "If you bring a large group of people together and everybody contributes a little bit and it goes into the proverbial pot, then you can create something really big," she says.

In fact, the project has had such a big impact that, in 2023 Benvenuti was awarded the Niagara Region's T. Roy Adams Humanitarian Award. For her, food is all about connection, "so that high-school kids can take their next step in life and realize they don't have to carry the shame every day of not having a meal," says Benvenuti. "We definitely want them to know that they're not alone out there."

—Renée Reardin



Since the inception of No One Goes Hungry, Carey Benvenuti and her team have cooked more than 200,000 meals for people in need.



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.



GREAT TASTE

Harvey's signature Triple Pickle Poutine*

The poutine that went viral is back—but this time with triple the pickle. Enjoy Harvey's signature Triple Pickle Poutine this fall, made with all the classic poutine fixings and topped with diced pickles, deep-fried pickles and garlic dill sauce. *Limited time only (until October 27, 2024).



A real pickle.
CAA Members save 10% at Harvey's.



Dock mates: More than 250 cruise ships ply the waters to accommodate the cruising sector's total of 480,000+ passengers per day.

Ships Ahoy!

New to cruising? Here's how to pick the one that's right for you | *By Diane McDougall-Tierney*

HAVEN'T BEEN ON A CRUISE YET?

Maybe now's the time to try this popular leisurely mode of travel, which offers multiple destinations plus wonderful dining and entertainment options onboard. After all, 85 percent of those who have gone on a cruise typically book another one, according to the 2023 industry report from Cruise Lines International Association.

To see if cruising is for you, how about a "test drive"—say, a weekend cruise from Miami to Nassau? Meanwhile, here are some pointers to help you make your choice.

SHIP SIZE MATTERS

Large amusement-park-style ships, which carry up to 7,000 passengers, are loaded with adrenaline-packed amenities that include diving pools, surfing, sky-diving, go-karting, ziplining, skating rinks, roller coasters and water parks, plus virtual reality (VR) rides.

These mega-ships are, in fact, floating resorts catering to couples and families who like lots of activities geared to all ages. Dining venues range from 10 to 20, with excellent diverse menus to please everyone on the ship. Entertainment too has broad appeal, featuring stand-up comedians and acrobats. The ambience is lively and social, but there are plentiful

noise-free spaces for those seeking peace and quiet.

Itineraries usually include oft-visited destinations, but because there's so much to do onboard, some passengers may not particularly care where the ship sails.

In the mega-ship category, consider Royal Caribbean, Carnival, Norwegian Cruise Line or MSC Cruises.

Medium classic ships typically accommodate around 4,000 passengers and are intent on providing a relaxing experience. Onboard are traditional swimming pools, lounges, fine dining and Broadway-style shows. Itineraries include both popular destinations and some eclectic ports-of-call.

Consider Holland America, Princess or Celebrity for this type of cruise experience.

Small luxury ships usually carry fewer than 1,000 travellers and tend to showcase premium service, exceptional fine dining and elegant, well-appointed accommodations. These luxury cruises attract well-heeled, well-travelled passengers who enjoy mingling and sharing travel experiences. Onboard offerings include small-scale excellent Broadway-style shows and lectures on interesting topics, given by world-renowned experts. Destinations are unique, as these small

ships visit ports that the big ships cannot access. Voyages lean toward themes that range from the cultural to adventurous, plus specialized shore excursions.

For this category of cruising, consider Regent, Silversea, Crystal or Seabourn.

MORE CRUISE NOTES

On large and medium-sized ships, add-on packages—say, for alcohol, specialty restaurants and Wi-Fi—are available separately or bundled for savings. Be sure to do the math to make sure those add-ons suit your preferences. There are also packages for VR entertainment, some of which are fee-based. Small ships, especially luxury lines, are generally all-inclusive, so you can practically leave your wallet at home.

Prefer travelling by yourself? Solo cabins are likely available in all three ship categories. But keep an open mind. You just might end up with new friends—and gain cruise buddies for life.

Diane McDougall-Tierney @cruise guru has been on 90 cruises to 54 countries.



Your CAA travel expert will help you choose your cruise. Visit caaniagara.ca/travel/find-an-agent to learn more.



PLAYLIST

What Songs Do You Road Trip To, Stacey Lee Guse?

Western Swing Authority singer Stacey Lee Guse may have grown up in Fenwick, Ont., but her musical roots stretch south, where country, jazz, blues, folk and even pop seamlessly blend into a vibrant sonic stew. Compiling her favourite driving tracks was super-hard. “I love so many different styles of music,” she says, “and you will never guess that a Western Swinger would go for some of these.”

Baby Won't You Come Home
Jon Randall



Yosemite
Molly Tuttle feat. Dave Matthews

Closer to Fine
Indigo Girls

Jebidiah Moonshine's Friday Night Shack Party
Audra Mae and the Almighty Sound

On the Road Again
Willie Nelson

Drivin' My Life Away
Eddie Rabbitt

Hot Rod Lincoln
Asleep at the Wheel

Happy Chickens
The Western Swing Authority

Bust a Move
Young MC

Anything by...
Sam Cooke

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



All bark: Behold one of the oldest sugar maple trees in the country.

THE END OF THE ROAD

Comfort Maple Conservation Area

Take a detour to this conservation area just 20 minutes north of Welland. Although a popular spot for birdwatching and picnicking, this park is most known for conserving the oldest sugar maple tree in Canada. Estimated to be over 500 years old and designated as a heritage tree under the Ontario Heritage Act, it is an impressive sight at more than 24 metres (79 feet) tall with a trunk that's 6 metres (19.6 feet) in circumference.

HOT SPOT

The Exchange, Niagara Falls



The Exchange features a distinctive, saw-tooth roof with rows of angled skylights that illuminate the event space.

There's a new hub for community and creativity in downtown Niagara Falls, and after years of planning and construction, it finally opened to the public last spring. The Exchange—a 929-square-metre (10,000-square-foot) event space—will serve as the permanent home of a farmers' market and café, while rotating arts and cultural programs, from exhibitions to a “super market” series to dance parties, will keep locals and visitors coming back for more. nfxchange.ca



Queen of the road: Taylor Swift's Eras Tour, which kicked off in March 2023, is set for a packed 2024 European schedule that will wrap up in Toronto and Vancouver.

Travelling for Tunes

Music tourism has fans taking to the road

CONCERTS ARE BACK—WITH A BOOM.

If you saw a live show in 2023, you were in good company—total grosses for the year's top 100 tours (led by, yes, Taylor Swift) set a new record, at \$9 billion, with more than 70 million tickets sold. That's not just music to the industry's ears, it's also good for tourism. Restaurants, shops, ride-share operators and hotels thrive on big arenas hosting big names.

Music tourism is the phenomenon that sees fans travelling (to other cities, provinces or countries) to catch a favourite artist's show. It's no longer about just making the journey for a three-day music festival. These devotees are booking holidays around a single concert. Take the hundreds of thousands of Swifties who will flock to Toronto for the performer's six-show stint in November. When the tour was announced last year, there was a huge uptick in searches for flights and hotels in the area. Today, concerts are experiences that transcend music and delve into exploring another city's culture.

Seeing a beloved artist perform in a new city can be an exhilarating adventure, especially if you follow these simple tips:

- Overestimate travel time. Don't plan to arrive at your destination the day of the show—in case of delays or cancellations.
- If accommodations near the venue are cost-prohibitive, consider booking a room farther afield, close to public transit options.
- If you'll be driving to the venue, plan parking in advance.
- Go to a spot nearby (a restaurant, for example) after the concert to avoid the chaos of trying to get a ride-share at the actual venue.

Enjoy the show and the trip. And remember: All the world's a stage.

 **Save on vacations** with your CAA Membership. Visit caaniagara.ca/travel to learn more.

THE BIG GIGS

These concerts struck the right note with fans globally—as of press time, they're among the most-attended shows in history.

Rod Stewart
(Brazil, 1994)
4.2 million fans

Metallica, AC/DC, The Black Crowes, Pantera
(Russia, 1991)
1.6 million fans

Madonna
(Brazil, 2024)
1.6 million fans

The Rolling Stones
(Brazil, 2006)
1.5 million fans

Various artists
Live 8 (fight against poverty; Philadelphia, 2005)
1.5 million fans

Have It All

How to make the most of an all-inclusive vacation

TAKE WITH YOU a smartly packed beach bag and do the research on your hotel—these are the basics when it comes to enjoying an all-inclusive-resort experience. And consider the following five travel hacks to maximize your stay.


PACK THE ESSENTIALS. Make sure to bring the important stuff—an insulated tumbler for keeping your drinks cold; towel clips to save your spot at the beach or pool (but don't leave valuables behind!); lip balm with at least 30 SPF; and a battery bank in your room to keep your phone charged. And don't forget a neck lanyard for your sunglasses, so you don't lose them while jet-skiing.

ASK FOR AN UPGRADE. You know the saying—if you don't ask, you won't get it. Celebrating a special occasion? Mention it when you book and then, upon arrival, remind the concierge (politely). Ask also if there are vacancies for ocean views or higher floors or, in some cases, ground floors. It never hurts to find out what's on offer.

DOWNLOAD THE RESORT APP. If your resort has an app, check it out. It's a great way to find menus (make a reservation at the à la carte restaurant), schedules and special events you won't want to miss. Check the app first thing in the morning to monitor any updates.

BE A GOOD TIPPER. While resorts don't usually have clear-cut policies on gratuities, tipping is certainly expected and appreciated. Get local currency from ATMs at the resort and, if you need small bills, ask the concierge for assistance.

USE THE HOSPITALITY SUITE. Awaiting your evening flight? Make use of the resort's hospitality suite after check-out to freshen up.

 **Save** on your next all-inclusive vacation with your CAA Membership.

Dream Trip for Less

Think a vacation is out of reach on your budget? Think again

By Gillian Berner

IF YOU'VE BEEN BITTEN BY the travel bug, you're not alone. According to the 2024 Global Travel Trends Report by American Express, 36 percent of Canadians are investing more in travel this year. The same trend was revealed by Blue Cross in its recent travel study, which found that 79 percent of Canadians are planning a big trip in 2024.

How are they affording it? There are plenty of hacks and tips that can help reduce your travel costs. With some careful planning, the vacation you're dreaming of is really possible.

Travel in the off-season—and off the beaten path Avoid travelling during major winter holidays, spring break and peak summertime, which mean a surge in tourists and prices. You'll get better deals when you travel during less-touristed times of year. "Travelling in the off-season not only saves you money, but with [fewer] crowds, it's also easier to visit the main attractions without long lineups," says CAA Travel Consultant Angie Thachuk. "It's a more relaxed experience."

It also helps to stay away from trendier travel destinations. Their popularity comes with a major price tag, while plenty of deals can be found in also-beautiful, less-frequented locales. Keep an open mind about where to travel and you're more likely to snag a great deal to get there. Turn to page 40, "The Best B-sides," for insider tips.



Get smart with points and loyalty programs Now is the time to redeem those points you've been accumulating through travel credit cards and airline or hotel loyalty programs—they can add up for significant savings. For example, a good travel credit card can get you insurance coverage and discounts, and certain credit and debit cards waive exchange-rate fees. And your CAA Membership offers perks with CAA Rewards® Partners. "CAA Members receive discounts at several hotel chains and car rental companies," notes Karen Schabel, a travel training and development coordinator at CAA. "Extra value-added benefits are also included with many tour operators and cruise lines when booking through CAA Travel."

Book airfare strategically When buying plane tickets, it's wise to time it right. According to Expedia's 2024 Air Travel Hacks Report, the sweet spot for purchasing international airfare is 60 to 120 days before travel (on average, a 10-percent savings) and 28 days before a domestic flight (24-percent savings compared to booking last-minute). And consider flying on a Sunday—data shows it's the cheapest day of the week to take off (and land).

Check one-way fares, too, Schabel advises. "Within North America, most airlines offer their discounted fares based on one-way, so the lowest option to return home may be with a different airline." **CAA**



Visit caaniagara.ca/travel to access the best prices on flights and hotels and connect with a CAA Travel Consultant.

Smooth Operator

Choosing the correct engine oil is critical to ensuring your vehicle performs as it should

By Steven Bochenek



OIL IS AN ESSENTIAL PART OF your vehicle's engine system, lubricating the many fast-moving parts and ensuring peak performance. You have choices about what type of oil to put in your vehicle—the variables being the type of oil and its viscosity (in essence, the liquid's thickness). Read on to find out how different oil formulations can impact cost, vehicle performance and the environment.

TYPES OF OIL

- 1 Requiring the least amount of production, **conventional oil** is refined from crude and mixed with additives.
- 2 **Synthetic oil** is composed of chemically treated petroleum components and synthesized additives—an intricate laboratory process—all to enhance chemical stability. Requiring more steps in production, it's costlier (by a factor of about two to four times, according to *Consumer Reports*), but boosts engine longevity and performance.

- 3 Given that production intensity affects price, **blended oil** is the Goldilocks solution, lying somewhere between the first two choices. Cheaper than fully synthetic oil, it also provides fewer of its performance benefits.

ENVIRONMENTAL IMPACT

Crude oil is a non-renewable fossil fuel. Extracting and transporting it affects ecosystems. When it's refined into conventional oil, the remaining impurities are more harmful than synthetics (and blends) when small amounts burn during your engine's operation.

Nearly all oils can be recycled, and disposal is provincially regulated. Many synthetic oils are made of re-refined oils, whose production includes extra filtration to reduce contaminants. Moreover, synthetic oil improves fuel efficiency and diminishes emissions. Keep in mind, however, that more intensive production consumes energy. Environmental impacts vary depending on your blend's conventional/synthetic ratio.

PERFORMANCE

Synthetics perform longer and better. In cold Canadian winters, they retain better fluidity than conventional oils and blends. In extreme heat, they resist degradation. Synthetics also clean residual gunk collecting throughout your engine.

HOW TO TALK TO YOUR MECHANIC ABOUT OIL

Trust your mechanic, a licensed expert, and explain how you generally drive. Tell your mechanic how far and often you commute. Do you tow, accelerate and/or brake hard? Do you leave town regularly? Drive on rural roads or mostly highway? Such details inform a mechanic's expert advice regarding what oil grade to use and when to change it.

Most vehicles require an oil change at around 8,000 to 12,000 kilometres, but some can go to 20,000 km. With such variance, don't be afraid to ask your mechanic questions. And check your owner's manual for the manufacturer's recommendation. **CAA**



Du away with the guesswork!

Find the perfect colour for your space
with our new *Dulux* colour sample.



***Dulux* paints and stains.**

Life-improving products that protect and
beautify your home for years to come.



PLUS get **25% off** any *Dulux* manufactured products & earn
3% in CAA Dollars® when you use your CAA Membership at
your local *Dulux* Paints store. Visit Dulux.ca/CAA for details.



*Restrictions and conditions apply.

© 2024 PPG Industries, Inc. All rights reserved. The PPG Logo is a registered trademark of PPG Industries Ohio, Inc. Dulux is a registered trademark of AkzoNobel and is licensed to PPG Architectural Coatings Canada, Inc. for use in Canada only. The Multi Colored Swatches Design is a registered trademark of PPG Architectural Finishes, Inc. CAA trademarks are owned by, and use is authorized by the Canadian Automobile Association. DC_1462306



What's Your Favourite...?

Niagara Bound Tours founder and CAA Member **Lezlie Harper** on her passion for tourism, Canadian Black history and barrel-aged cabernet sauvignon

By Alison LaMantia



For Lezlie Harper, a perfect fall day involves driving on Route 5, in New York State's Ontario County, to take in the season's colours.

YOU MIGHT NOT THINK ABOUT Niagara in quite the same way after spending a day with Lezlie Harper. The region is rich in Canadian Black history, and through her tour company, Niagara Bound Tours, Harper shares with visitors the stories of the Black Freedom Seekers who settled in the region after journeying north from the United States. It's a job that marries many of her favourite things—tourism, supporting the local area and sharing stories about Black history.

You're a tour guide, but you also love being a tourist.

What do you enjoy about it?

The learning aspect, seeing [new] things. You learn about people. It's the best education in the world. I would encourage people to travel, even if it's [just] to the next town.

Do you have a favourite stop on your tour?

I love showing the neighbourhood I grew up in—Fort Erie. There's a street there named after my great-grandma!

My great-grandpa [her husband], was born in Canada, then left Canada and fought in the Civil War in Florida as a free Black man.

Is there a memorable tour guest who stands out?

I had Susan Crystal, the U.S. Consul General. We only had a short time, so I took her down to the Falls, told her a story about the Underground Railroad and showed her how people would have come across.

How do you unwind?

Drinking wine. My new thing is Beringer Bros. bourbon-barrel-aged cabernet sauvignon. I also really like Hernder Estate Wines, which sadly burned down, but they've opened again. And I love theatre, walking, art galleries—I'm into all the cultural things.

Tell me about your favourite fall day.

I love it when the leaves have changed colour. Travelling Route 5 in New York State with its hills. My gosh, the first time I saw that, I had to pull off the road. The colours are so amazing. I have this acute awareness of what I do in the fall, because fall is when many Freedom Seekers would escape and travel, particularly [between] U.S. Thanksgiving and New Year's. Enslavers would either be off the plantation or there would be visitors on the plantation, so they weren't paying attention. I always bring it back to that. **CAA**

“

I love theatre, walking, art galleries—I'm into all the cultural things



Fort Erie's Freedom Park is the site of Bertie Street Ferry landing, where thousands of Black Freedom Seekers first set foot in Canada.






EFFECTIVELY REDUCES INFLAMMATION AND JOINT PAIN

Keep pushing your limits with Genacol Anti-Inflammatory!

Genacol® Anti-Inflammatory effectively reduces joint inflammation and relieves pain caused by osteoarthritis. Its exclusive formula offers an effective solution against joint inflammation, while being a natural product gentle on the stomach.

Try it and feel the difference!

-  **Turmeric Curcumin**
-  **BioPerine® (Piperine)**
-  **AminoLock® Collagen**



GET YOUR \$5 IN-STORE REBATE

When you buy one Genacol® Anti-Inflammatory 90 or 150 capsules product.

THIS COUPON EXPIRES ON NOVEMBER 30, 2024

TO THE CONSUMER: Limit one coupon per product. This coupon is not valid on a purchase made at Costco or Amazon. Please be advised that the retailer is in its right to refuse this coupon. Find out before you go to the checkout. In the case of a retailer's refusal, contact Genacol at 1.888.240.3002 or by email at info@genacol.ca for a refund (store receipt required). It is forbidden to sell and/or to make several copies of the coupon. Rebate applicable only in-store (except Costco). No coupons received by mail to Redemco will be reimbursed directly to consumers. **This coupon expires on November 30, 2024.**

TO THE RETAILER: Genacol Canada Corporation Inc. will reimburse the full value of this coupon plus the established handling fees. Any other refund requests may be considered fraud. Invoices showing sufficient stock purchases (within the last 45 days) to cover all coupons submitted for reimbursement must be provided upon request. The reduction corresponding to applicable taxes is included in the coupon face value. This coupon is **VALID IN CANADA**. For redemption by the retailer, this coupon must be received by mail before FEBRUARY 28, 2025 TO: REDEMCO INC., C.P. 128, Longueuil, Quebec, J4K 4X8.



3501058

GET YOUR \$5 ONLINE REBATE



Valid until November 30, 2024

Available at:



This product may not be right for you. Always read and follow the label. *Results may vary.

Protecting Nature's Beauty

From tree planting to wetland creation, Land Care Niagara's outreach programs promote responsible land stewardship

by Wendy Helfenbaum



Family practice: Executive director Michelle Karam, husband Robert Karam, and their daughters take part in LCN's tree planting projects.

REINFORCING THE LINK between humans and their environment takes commitment, persistence and passion—all of which Land Care Niagara (LCN) has in spades.

This land stewardship organization is focused on creating, promoting and enhancing healthy and sustainable rural and urban environments. “We’re trying to help people understand that the land is not specifically ours to own and that we should all help to take care of it, as well as all the wildlife, flora and fauna,” says LCN’s executive director, Michelle Karam.

With the help of volunteers, in 2023 the organization restored or protected 126 acres of private and public land in the Niagara region in 2023 through initiatives such as stream-restoration work and endangered-species conservation. It also planted 31,795 trees, bringing its total to more than 1.2 million trees planted since LCN started in 1995.

LCN also engages youth through hands-on learning programs that teach them how to make a positive difference in the environment and in their own communities.

“Our Woodworking for Nature program creates habitat structures for different wildlife species,” says Karam. Young kids start with easy-to-assemble kits for structures, including boxes for bluebirds, bees and barn owls, as well as butterfly houses. Youth are given access to a woodworking

shop to build things from raw materials, too. “It’s great to run workshops and have people [know] they’re making something wildlife can use.”

Land Care Niagara staff visit schools to talk about ecosystems, species at risk and habitats that may need conservation help. The group also encourages young people to get involved with its Re-Leaf Community Tree Nursery—an initiative that teaches participants about the different species of Carolinian trees in Niagara.

“Tours help them identify tree species and find something that links them to the trees or to nature to make them feel some kind of connection,” says Karam.

“It’s the perfect combination of helping people connect with the natural environment, fostering stewardship and educating them on how they can join a community and do all that together.” **CAA**

“**We’re trying to help people understand that the land is not specifically ours to own and we should all help to take care of it**”

PHOTOGRAPH: COURTESY OF LAND CARE NIAGARA



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!



Game On

A journey to South Africa offers both big-city fun and game drives on safari

By Karen Eull



The wild lion is classified as a vulnerable species. (Above) A riot of colours defines the historic homes of Bo-Kaap in Cape Town.

I DON'T NEED TO KNOW the word for “lion” in any of South Africa’s 12 official languages to know there’s one nearby. As soon as our game tracker, Chuchu, gets a radio call and hits the gas, we’re sure she’s headed toward something exciting.

On safari at Pilanesberg National Park, you see many animals—including so many elephants, giraffes and zebras that I stopped counting—but lions are the main event. So, when Chuchu speeds up, we have cameras and binoculars at the ready. She deftly navigates our large open-sided truck over the rough dirt roads (as we bounce around in the back like monkeys) and then rounds a bend just in time for us to see a lioness saunter across the road ahead. Unlike us, she’s in no hurry at all.

Chuchu is pleased that we made it here ahead of any other trucks. This sighting is just for us. “We are the lucky ones this morning,” she says.

“Luck” is a word that comes up many times on this trip in so many ways. I cherish every sighting of these rare animals (some of which are getting rarer by the day) in the wild. But the subject of luck, or rather privilege, also comes to mind in some sombre moments. This journey will take me from the lows of Apartheid’s legacy to the great heights of beauty stretching before me as I travel from Cape Town to Pilanesberg Park.

(Opposite page, clockwise from top left) The Zeitz MOCAA, designed by London's Heatherwick Studio; a statue of Nelson Mandela in Cape Town's city hall; African penguins at Boulders Beach; the cable car en route to Table Mountain.

“ The healing power of creativity shines bright in Cape Town, especially at the Zeitz MOCAA, the world's largest museum dedicated to contemporary art from Africa and its diaspora

EXPLORING CAPE TOWN

If I hadn't been so excited to get to Pilanesberg National Park, I could have stayed in Cape Town, where I landed, for a week or more. It's easy to get swept up in the city's current culture boom—especially while staying in the vibrant V&A Waterfront district, packed with posh hotels, boutiques, restaurants and coffee shops. Taking in the breathtaking city views from atop Table Mountain or sipping cocktails at a beach bar in Camp's Bay are fun, easy-going ways to spend an afternoon.

However, I also wanted time to explore the city's diverse but difficult history. There's a statue of Nelson Mandela on the City Hall balcony where he made his first public speech after being released from prison, in 1990—a speech famous for helping usher the country into the post-Apartheid era. Daily boat trips take visitors to Robben Island to tour the jail (now a museum) where Mandela was imprisoned for 18 years. And the vividly hued houses in the Muslim neighbourhood of Bo-Kaap

offer more than just a great photo op—these historic 18th-century dwellings, originally rental units for slaves, were once all kept whitewashed. After 1994, when residents were finally permitted (and could eventually afford) to buy homes, it's said property owners painted them in riotous colours to celebrate their freedom.

The healing power of creativity shines bright in Cape Town, especially at the Zeitz MOCAA, the world's largest museum dedicated to contemporary art from Africa and its diaspora. Find wonderful one-of-a-kind souvenirs at the many craft markets in town, including The Old Biscuit Mill, a restored factory space where local designers sell handcrafted clothing and wares amidst bustling eateries and bars.

No South African expedition is complete without a trip (in my case, by tour bus) around the famous Cape of Good Hope on the continent's southern tip—a coastal drive that takes you past beautiful beach towns and wineries. Stop at Boulders Beach to watch a protected colony of

African penguins waddling on the sand. (As if this country isn't teeming with enough cool wildlife, why not throw in some penguin-spotting to ensure your trip is truly that of a lifetime?)

TRACKING WILDLIFE AT PILANESBERG NATIONAL PARK

It's a short flight from Cape Town to Johannesburg and a two-and-a-half-hour drive to the Bakubung Bush Lodge. This small resort is within the gates of Pilanesberg National Park's game reserve of over 55,000 hectares (136,900 acres)—the fourth-largest game park in South Africa and home to more than 7,000 animals, which include the Big Five: lions, leopards, elephants, rhinos and Cape buffalo, one of four buffalo subspecies indigenous to Africa.

Safari days start achingly early. The first game drive of the day has you out in the park, in the cooler hours, when the predators are most active. A second daily drive departs in the late afternoon. (I spend the hot midday hours between game drives, lounging by the resort's





Plains zebras live in small family groups consisting of one stallion, several mares and their offspring. Reaching heights of up to four metres, African elephants are the largest land mammals on Earth.

“

Trackers, rangers and park staff have helped safeguard the local wildlife since the area became a reserve in 1979

pool as vervet monkeys and mongooses dart between the deck chairs.)

Every drive is different—and the trackers always start off by managing expectations. They can't promise any sightings, they warn, and yet never did they disappoint. It's a point of pride for them to know all the best spots and they share prime sightings with their colleagues over the radio—rarely in English, and sometimes in code, partly because they don't want passengers to get their hopes up, but sometimes to help protect the animals. One tracker tells me he never calls out rhinos over the radio because these beasts are particularly vulnerable to poachers who could be listening in.

Trackers, rangers and park staff have helped safeguard local wildlife since the area became a reserve in 1979. Prior to that, the populations of game animals in the area had dwindled due to commercial farming. As part of the initial relocation program, 6,000 game animals were introduced to the park—a massive conservation effort that requires consistent care. For instance, all the park's mature male rhinos undergo surgery every few years to remove their horns (an effort to deter poachers, which, unfortunately, doesn't always work). At a watering hole, one of our trackers, Peter, points out two gigantic hippos, George and Twiggy,



PHOTOGRAPHS: (THIS PAGE, CLOCKWISE FROM LEFT) COURTESY OF KAREN EULL; JEZ BENNETT/ISTOCK; JACK SMITH/ISTOCK; GÜENTER GUIN/ISTOCK; COURTESY OF CHOBE NATIONAL PARK. (OPPOSITE PAGE) COURTESY OF LAUREN LIVINGSTON



Safari passengers scan a rocky ledge in Pilanesberg Park, hoping to catch sight of a leopard.

that he helped care for as babies before they were released into the park.

On our second last day, it's our tracker, Tao, who takes us on the most memorable drive of the trip. The day starts off well—we see lions, elephants, rhinos and even the elusive buffalo almost right out of the gate. Tao gets a determined look in his eye. "Let's see if we can make this a Big Five drive," he says, referring to the rare occurrence when you see all the big-game species in a single outing.

We'll have to rush past the many roadside zebras, impalas and giraffes to try, he warns, and we cheer him on. This time, when the call comes in, I hear his response in English, clear as day: "I'm coming! I'm coming!"

We pull in beside the truck that called in the sighting. Its passengers are pointing at a rocky ledge that borders the road, and we crane our necks to figure out what's up there. And then I spot it—the rare sighting you hardly dare hope for. Climbing down from the rocks without a glance in our direction, a leopard. "Lucky" doesn't even begin to describe this. I feel honoured.

This painstakingly restored park, now teeming with a diversity of wildlife, showcases what I'll remember most about South Africa—its vast capacity for resilience and hope. **CAA**

Embark on an African Adventure with WestWorld Tours

Experience the diverse cultures of four countries in southern Africa with WestWorld Tours in 2025. This action-packed adventure includes city highlights in Cape Town and Johannesburg and a chance to spot the Big Five on safari at South Africa's largest reserve, in Kruger National Park. You will also cruise the Zambezi River in Zambia and, in Zimbabwe, visit Victoria Falls, one of the world's seven wonders. Enjoy more game drives in Kasane, Botswana—Chobe National Park is home to the largest concentration of elephants in Africa.



A CAA Travel Consultant can help you book your dream trip to Africa. Visit caaniagara.ca/travel to start planning for a safari.

New Wave

Balance beach time with voluntourism to experience—and help protect—the true nature of Hawai‘i

By Doug Wallace



Mauna Kea Resort and Kauna‘oa Beach; the coastal plant *pōhuehue*.

Mana is Hawaiian for “spiritual energy,” “universal life force.”

We begin the sunrise ceremony on the shore of Kauna‘oa Beach with the traditional chant *E Ala Ē*, led by our guide, Healani Kimitete-Ah Mow. This centuries-old morning ritual is intended to unite voices across the Hawaiian Islands and help visitors “appreciate the simplicity of life, appreciate the beauty that we have here,” Healani says, “and it’s important that we acknowledge those that came before us, because this is their land.”

She teaches us the chant before walking us slowly into the ocean. Waist-deep, we dunk our heads a few times, then drop leaves from the coastal plant *pōhuehue* into the water, each one a well-wish for our friends and family.

My first sunrise on Hawai‘i Island—previously referred to as Big Island—is also my first taste of the 50th U.S. state’s refreshed approach to tourism. I’m already seeing how Hawaiians are encouraging visitors to experience the islands in a more engaged and responsible way, one that goes beyond the sun and sand.

Healani, our cultural ambassador at Mauna Kea Resort, is one of many locals hired by hotels across the archipelago to foster a renaissance of Hawaiian heritage and pride. It’s just one small part of a movement to preserve the local culture and environment and a return to the values that make this place so special.

These experiences are more than just entertainment—they provide teachable moments for visitors. Breezing in and out of Hawai‘i without learning about local culture perpetuates an ignorance that hampers efforts to protect the islands. It’s also a missed opportunity, considering there’s a fascinating 3,000-year-old history to explore, one the local people are urgently trying to preserve.





(From top) Writer Doug Wallace pruning ginger at Hawai'i Volcanoes National Park; Jane and Paul Field, Stewardship at the Summit guides.

Mālama means “to care for,” “protect.”

I'm here to participate in the Mālama Hawai'i program, which is one way the state government is encouraging visitors to give back to the land, ocean and wildlife, as well as to the communities you don't see from the windows of a fancy hotel. In partnership with the Hawai'i Visitors and Convention Bureau and the Hawai'i Tourism Authority, the program offers volunteerism experiences that help protect fragile habitats and ecosystems. It's an idea whose time has more than come. Given last year's tragic fires in Maui, nurturing this part of the world feels more important than ever.

Laulima (“many hands”) is about working together for a greater cause.

Sturdy garden clippers in hand, I'm cutting away thick but soft stalks of Himalayan ginger and putting them in piles. The forest floor of this part of the Hawai'i Volcanoes National Park is overgrown with the weed. I'm one of about a dozen volunteers who have gathered here to remove this invasive species and give native plants a chance to thrive. The project, called Stewardship at the Summit, is part of the Mālama program and is led by Paul and Jane Field, who are spending their retirement in service to the forest. They meet volunteers here every Saturday morning.

“We've been doing this for 10 years. We love the park,” Paul says of this international biosphere reserve and UNESCO World Heritage site. “Invasive ginger is a nutrient- and water-hog and we try to remove as much as we can.” In turn, the park staff loves them “because we provide about 2,000 volunteer hours per year, most years,” he says. “That's like one whole salary.”

Before we gather our gloves and clippers and head out on Halema'uma'u Trail—one of the oldest footpaths in the park—Kekoa Rosehill, a supervisory park ranger, performs a chant to encourage us and grant us knowledge. Paul points out that the morning's work also provides “an introduction to the forest, so volunteers learn about the park and its history, too.”

Everyone gets right into it, particularly the folks who show up on a regular basis. “The camaraderie is great and the cause is good,” says regular Hawai'i visitor Mike Malone, who started volunteering with his wife, Patti, about six months ago. “Paul and Jane are the encyclopedia of the park. Education is a big part of it. And you get to experience parts of the park that you wouldn't see otherwise.”

The hours pass quickly as we cut our way far off the trail. With the ginger out of the way, there's very little left underneath except for a few ferns. I find it satisfying to make space for the other plants to grow, almost like I'm giving the forest a haircut.



E ho'omalua i nā holoholona is a plea to protect the animals.

This trip wasn't all hard work. I was excited for a relaxing day, capped off with a moonlight swim at the Mauna Kea Resort with the manta rays that congregate just off the shore. The swim is curated by Manta Ray Advocates, a group that educates tourists about these gentle giants and that champions their protection while promoting safe and sustainable tourism practices.

We waded into the ocean and strap on our fins just a few metres in. Lights attached to our small surfboard illuminate the plankton in the water, attracting the mantas which gracefully swoop round and round, their mouths wide and mere inches from my face mask. The experience is beyond thrilling. We ooh and ah into our snorkels at first, but then we're silent, completely in awe of these beautiful creatures.

He 'ohana k'kou means “we are all family.”

Exploring a place's history is not only enriching but also a way to show respect. Choosing activities that support Indigenous culture help preserve Hawai'i's history and legacy, and fund efforts to sustain the community.

Hulihe'e Palace in Kailua-Kona was the vacation home of Hawai'i's former royal family—the governing monarchy in place before the islands became a U.S. territory and then a state. Originally built out of lava rock in 1838, the palace sits on the same site as the home of Kamehameha the Great, the first ruler of the Kingdom of Hawai'i. The palace was restored by the non-profit Daughters of Hawai'i, founded in 1903 by influential local women to uphold Hawaiian culture and language.

The museum's six large rooms are filled with treasures, including ornate koa wood furniture and fancy Victorian trinkets. I linger after the tour to examine the portraits and photographs of the royals that line the walls, feeling more like a visitor in someone's home than a tourist. When you take the time to learn the story of a place, the rewards are sweet.

Maka'ala refers to the practice of remaining alert.

Healani's words are etched on my mind. “Anyone can *do* things when they come here,” she says, “but I think you also have to *be*—be present, be instilled in the culture. We call it *maka'ala*. It means to be alert in the things you're not familiar with. Honour the things you see here and leave Hawai'i the way you see it, so that when you return, it will be the same.” **CAA**

Hulihe'e Palace was once a retreat for Hawaiian royalty.





Think Outside the Guidebook

Anyone is welcome to volunteer with the Mālama Hawai'i program. Here are some of the ways visitors can help:

- Collect debris from the beaches, parks and trails.
- Plant seedlings to aid in reforestation.
- Restore shorelines with native plants.
- Support age-old methods of sustainable farming.
- Patrol turtle nesting grounds.

Visit gohawaii.com/malama for more details.



(From left) A handwashing ritual performed during a reforestation project in 'Umikoa, Hawai'i Island. Volunteers walk to a reforestation site in Wailuku, Maui.



A **CAA Travel Consultant** can help you plan a sustainable vacation. Visit caaniagara.ca/travel to learn more.

unicef CANADA
for every child

A GREAT GIFT IDEA FROM PARENTS AND GRAND-PARENTS!

SHOW YOUR CHILD THE WORLD WITH PADDINGTON™

Sign up for a donation to UNICEF for as little as \$25 a month and, as a bear-sized thank you, your child will receive a monthly mail package that includes:

- ✓ A postcard from Paddington from a different country
- ✓ A story from a child who lives in that country
- ✓ Fun facts, stickers and learning activities

Join today and help make the world a better place for every child.

Scan the QR code or go to unicef.ca/PaddingtonCAA to start exploring the world.

UNICEF Canada Charitable Registration # 122 880 572 RR0001 © P&Co. Inc./SC 2024



Ontario's Markham Fair, established in 1844, draws 70,000-plus visitors every year with midway rides and agricultural exhibits.

Meet Me at the Fair

From history to charm, Canada's fall festivals and exhibitions offer more than pie-eating contests—they're a time-tested way to build community

By Beth Hitchcock

THE AROMA OF CARAMEL CORN in the air. Rows of jewel-hued jams. The sound of *baa*-ing sheep. Few things stimulate nostalgia like fall fair season. Long a staple of rural life, these annual celebrations harken back to a time when traditions and stories were handed down through generations like a cherished family recipe.

But more than just that yearly spin on the Ferris wheel, these autumn gatherings—some of which date back more

than a century—are just as relevant today, providing education, hands-on experience and interaction with farmers. As regional 4-H clubs have always known, getting kids excited about agriculture is key to the long-term sustainability of our food sources.

As the air gets cooler and the leaves start to turn, consider a visit to one of these festive and fun-filled fairs in Eastern Canada.

HANTS COUNTY EXHIBITION

Recognized as North America’s oldest agricultural fair, Nova Scotia’s Hants County Exhibition got its start as a market on one of the only passable roads from the port of Halifax. Today, many of the original events from 259 years ago remain on the schedule, such as ox pulls and wrestling. “There’s very little that rivals the beautiful sound of ox bells or the excitement of the traditional tug-of-war,” says Lisa Hines, Hants County Exhibition’s manager. “Both are a special part of our Nova Scotia heritage and have been preserved in large part because of our agricultural fairs.”

Running on the weekends of September (this year, 13-15 and 20-22), the list of family-oriented events also includes an equestrian musical ride, barrel racing, magic shows and a midway to round out the entertainment. Come for the truck and tractor pull, stay for the surroundings. “It’s still a scenic rural destination with so much to see and do,” notes Hines.

MARKHAM FAIR

Another fall festival with a long and rich history is Ontario’s Markham Fair, celebrating its 180th anniversary this fall. Held annually the weekend before Thanksgiving, this event is scheduled October 3-6 this year. Featuring thousands of exhibitors and competitions, ranging from “So You Think You Can Cook?” to a children’s pet show, the successful fair counts on sheer community spirit, with more than 800 volunteers keeping things running smoothly.

After viewing displays of antique farming equipment or visiting the animals at Old MacDonald’s Barn, attendees can sample an array of home-cooked fare, from the breakfast sandwiches sold by local Service Clubs to freshly baked pies for Thanksgiving entertaining. “There’s enough to keep any foodie satisfied,” says Janice Lee, a representative from the fair’s advertising, promotions and public relations committee. “But I’m pretty sure all would agree Markham’s very own Tiny Tom Donuts are a must-have.”



The West Niagara Fair celebrates local farmers.

WEST NIAGARA FAIR

Though this fall event is young compared to the Hants County Exhibition and Markham Fair, its establishment in 2012 is the latest chapter in a long story. First held in 1857 and 1878, respectively, the Beamsville and Smithville fairs were the longest-surviving fairs in the Niagara region. The secret to their longevity? They were both hosted by agricultural societies that owned their land—a testament to the community’s dedication. The two autumn celebrations combined forces 12 years ago, and the newly named West Niagara Fair has become a thriving event held the weekend after Labour Day (September 6-8 this year).

In addition to traditional livestock shows and grain exhibits, this fair’s main focus is serving locals. “We have an obligation to give back to our community,” says Annette VanMarrum, president of the West Niagara Agricultural Society. To that end, a steam tractor that cooks corn on the cob will be on-site, with all proceeds from the sales of corn going to three local food banks. “I expect we’ll cook about 50 dozen cobs,” VanMarrum says.

This autumn, it’s time to fall back in love with fairs and all they do to support their communities. Choose from a cornucopia of annual events—there’s sure to be one in a small town near you, with mouth-watering treats, contests and live concerts for building cherished family memories to last a lifetime. **CAA**

BEST IN SHOW

Cash prizes and bragging rights are both on the table—winner takes all at some of Canada’s quirkiest fall fair contests.



It’s BYOZ at the local country fair’s zucchini races in Chestermere, Alta.—wheels and axles are provided.



Oh baby! The infant with the chubbiest cheeks wins a prize at the Caledonia Fair in Caledonia, Ont.



Contestants chomp down as many cloves as possible at the Windsor, N.S., Garlic Fest’s garlic-eating contest.



What makes a vegetable the oddest? Find out at the Port Hope Fair in Ontario.



Recall Total

For problems related to vehicle safety, manufacturers must ensure defects are fixed. Here's what you need to know about the process

By Graham Heeps | Illustration by Mike Ellis

If you've owned a new or nearly new car, chances are a vehicle recall notification will have appeared in your mailbox at some point. The complexity of modern vehicles makes recalls a common occurrence, despite the equally sophisticated development and test procedures behind the launch of each new model. It's much cheaper for automakers to fix a problem before production starts than after vehicles have left the factory, especially considering the reputational damage a recall may bring.

A recall could be for something as simple as ensuring a bolt is tight (this one affected some 2021–2023 Mercedes-Benz vehicles) or applying the correct information sticker for tire pressure (as on the new Dodge Hornet and Alfa Romeo Tonale). But it might involve the replacement of a safety-critical component, as with the notorious Takata airbag-inflator recall that involved more than 100 million vehicles worldwide or the fatal ignition faults that plagued Chevrolet Cobalts in the 2000s.

HOW DOES A VEHICLE GET RECALLED?

Notices of defects affecting vehicles, tires and child car seats—also known as safety recall notices—are regulated

under the Motor Vehicle Safety Act (MVSA). When a manufacturer finds a safety defect, it must notify all owners in writing within 60 days. Transport Canada (TC) ensures that companies follow the requirements of the MVSA and its associated regulations. If TC finds a defect or non-compliance, and the company has not given notice, TC can order it to do so.

Automakers conduct their own investigations into problems with production vehicles. Having previously been fined in the U.S. for its poor response to problems with Theta II engines, in 2023, Hyundai opened a dedicated Safety Test and Investigation Laboratory (STIL) in Michigan to track down and remedy defects in production cars.

However, TC also conducts investigations, often based on consumer complaints. Anyone can report a safety-related issue with a vehicle by filling out a defect complaint form on the TC website or by speaking to the regulator directly by calling 1-800-333-0510.

TC might investigate a problem if, for example, the same complaint arises many times—if a safety defect is found to exist, the original equipment manufacturer (OEM) must issue a recall notice to fix the problem.

In 2023 alone, manufacturers issued 710 recalls affecting a total of 4,601,253 vehicles, tires, and child car seats in Canada. Of those 710 recalls, 32 were influenced by Transport Canada, affecting 941,247 vehicles, tires and child car seats.

Not all complaints result in a recall, however. For example, a scan through TC's publicly accessible database reveals that, in 2023 no recall was issued when the loss of power-steering assistance in older Ford F-150s could not be attributed to a single underlying cause or was deemed to stem from normal vehicle wear and tear, and no injuries or fatalities arose as a result.

"Recalls usually come about because of crashes or because there's been human injury," says Ryan Peterson, manager of automotive services for the CAA Club Group. "Many people wish that common problems lead to recalls, but that's not usually the case. Those problems will usually lead to a manufacturer warranty claim."

TC's own guidance states that neither engine or powertrain performance problems, nor air conditioners and radios that don't work properly, are considered safety defects—even if systemic problems in these areas can be enormously frustrating to vehicle owners.

HOW DOES THE REPAIR PROCESS WORK?

For older vehicles that have changed hands multiple times, contacting the owner in the event of a recall might be easier said than done, because the OEM uses in-house ownership records, not those of a provincial registering authority.

"Make sure that the selling dealer has your latest contact information and mailing address," advises Peterson. "If you move and the OEM needs to reach you for a recall or for a special service campaign that sometimes prevents a recall, they will go by whatever mailing address was on file when you last visited a dealership. Say, you buy a used vehicle—for the first oil change, take it to the local dealer just to make sure they have your profile. You can also register through an OEM portal such as Honda's my-garage.ca."

Receiving a recall notice is your cue to contact a local dealer to resolve the problem, but there is no guarantee that the issue will be fixed right away. Software updates are an increasingly common fix to automotive problems but must be thoroughly tested before being deployed. For a physical component, it might take months for the manufacturer to find the fix, liaise

with suppliers to redesign and test a part, tool up for production and distribute the components, so the affected vehicles can be repaired. Recent supply-chain issues in the industry have further complicated the process.

Chances are that your vehicle will still be drivable while you're waiting for a fix, but in some cases, the manufacturer may advise against normal use. For example, Chrysler's 2022 interim recall notice for Pacifica Hybrids recommended not to recharge and to park outside, but it took months for a remedy to be rolled out across the dealer network.

When your vehicle gets its turn for repair, the work is done for free, but there is likely to be no obligation on the dealer to provide a loaner vehicle.



Recalls usually come about because of crashes or because there's been human injury

BUYING A RECALLED VEHICLE

There is a high chance that the model of car or truck you are considering to buy has been subject to a recall. Transport Canada's online resources include a searchable recall database by vehicle model and year and an aggregation of OEM-specific search tools, so you can check whether an individual vehicle identification number (VIN) has any outstanding recalls or has had them applied. CARFAX also has a by-VIN search on its site. These tools make it easy to discover whether your current or potential future ride needs remedy work or not, and/or it comes from a defect-prone cohort.

"If you notice that a new vehicle you're considering buying has been subject to a lot of recalls, it might make you cautious," says Peterson. "It can also depend on the severity of the defect—some have a low risk to safety. One way to minimize the risk can be to avoid the first year of a new model, which sometimes still has bugs to be worked out."

The good news for drivers is that the arrival of software-defined vehicles—cars whose operation and features are controlled mostly by onboard software, as pioneered by Tesla—should make it simpler and cheaper to correct safety defects. Regular, smartphone-style over-the-air (OTA) updates could reduce the need for formal recalls and make them faster to implement when they do arise.

Even so, a customer's experience of recalls will always vary from case to case. As with any consumer product, it's not always what goes wrong that matters. It's often how well the manufacturer deals with a problem that leaves a lasting impression. **CAA**



Questions about vehicles? Email autoadvice@caasco.ca or call 1-866-464-6448 with questions for CAA experts.



ROCKY MOUNTAINEER

EXPERIENCE EXTRAORDINARY.



ROCKIES TO THE RED ROCKS

MOAB

GLENWOOD SPRINGS

DENVER



Experience the panoramic beauty of the American Southwest on Rocky Mountaineer's Rockies to the Red Rocks rail journey.
Exclusive CAA Member Benefit: Save \$50* per person when you book a 2025 Rockies to the Red Rocks package.

To book, visit your local CAA or call 1-800-992-8143



*Excludes 2-day rail only journey. Additional conditions apply.



PLAYGROUND - SPLASHPAD - CANOE/KAYAK RENTALS - BOAT LAUNCH
GROUP RATES - LAUNDRY - NATURE TRAILS - FISHING - WIFI

Retreat In Nature!



Stay in one of our luxury cabins and take in the beauty of the Heritage Grand River!

FOR BOOKING & INFORMATION

(519) 752-3969 | www.chiefswoodpark.ca | info@chiefswoodpark.ca

1037 Highway 54 Ohsweken, ON N0A 1M0

NORTH AMERICA'S

#1 Selling Walk-In Tub

Featuring our Free Shower Package

SPECIAL OFFER

Now you can finally have all of the soothing benefits of a relaxing warm bath, or enjoy a convenient refreshing shower while seated or standing with Safe Step Walk-In Tub's **FREE Shower Package!**

- ✓ First walk-in tub available with a customizable shower
- ✓ Fixed rainfall shower head is adjustable for your height and pivots to offer a seated shower option
- ✓ High-quality tub complete with a comprehensive lifetime warranty on the entire tub
- ✓ Top-of-the-line installation and service, all included at one low, affordable price

Now you can have the best of both worlds—there isn't a better, more affordable walk-in tub!

CALL TODAY AND
RECEIVE EXCLUSIVE SAVINGS

**FREE SHOWER
PACKAGE**

PLUS \$1600 OFF

FOR A LIMITED TIME ONLY

Call Toll-Free 1-800-296-0743

 Canadian
safestep[®]
www.MySafeStepTub.ca

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. Cannot be combined with any other offer. Market restrictions may apply. Offer available in select markets only.



CSLB 1082165 NSCB 0082999 0083445 13VH11098000

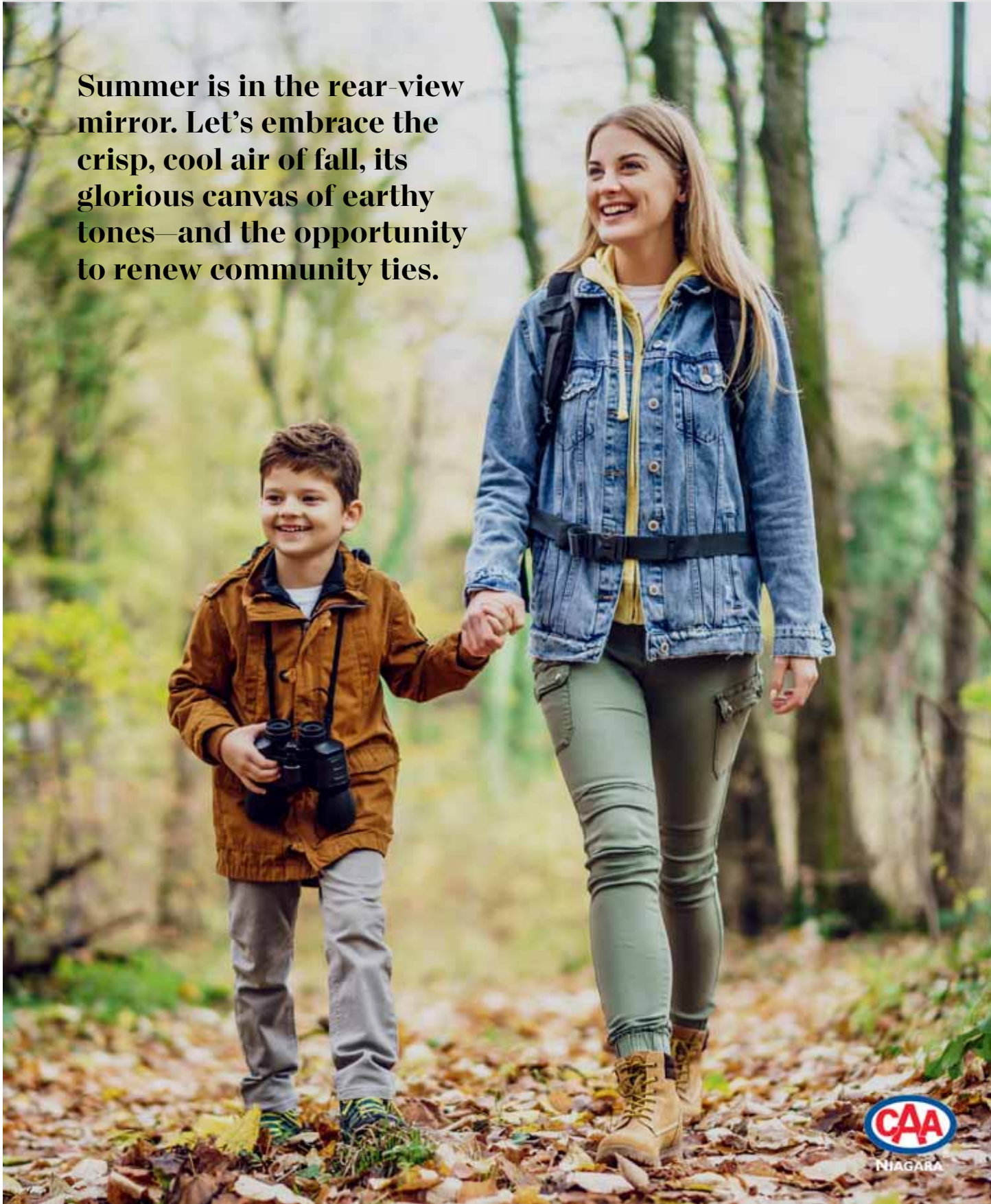
For your **FREE** information kit and
our Senior Discounts, Call Today Toll-Free

1-800-296-0743



**LIFETIME
LIMITED WARRANTY**

Summer is in the rear-view mirror. Let's embrace the crisp, cool air of fall, its glorious canvas of earthy tones—and the opportunity to renew community ties.





Card-Carrying Scholar

How a CAA Everyday Membership makes the grade on campus

HELPING YOUR TEEN PREPARE for a new post-secondary school year takes effort—and a budget. That’s why having CAA Everyday Membership is a real asset. It offers all the benefits of membership without roadside assistance.

Here are some suggestions on how to use the CAA Everyday Membership in the days before class begins—plus a few more for the entire year.



SILVER SCREEN ESCAPE

- Academic pressures are just around the corner. Until then, your budding academic can steal away to movies on the big screen at **Landmark Cinemas**.
Members can save over 20% on movie bundles purchased at your local CAA Niagara Branch.



NEW YEAR, NEW YOU

- Students can stroll into the upcoming school year with new kicks from skateboard-pioneer brand **Vans**—comfy, affordable shoes that come in so many different styles, designs and colours.
Members earn 6% back in CAA Dollars® with online purchases made through the CAA eStore.



- Get Social. Students can dress to impress for the rapidly approaching Homecoming weekend with cocktail attire from **RW&CO**.
Members save 10% online and in-store on the last ticketed price.



- Self-Care. The stresses of school are a no-show with **Sephora’s** exceptional assortment of prestige products in every beauty category.
Earn 5% back in CAA Dollars with online purchases made through the CAA eStore.



MUNCH MOMENTS

- Students can take a break from plastering posters—and soon, from studying—with breakfast or lunch at McDonald’s, where they can take a bite into savings on CAA Everyday Member deals on select Extra Value Meals (at participating locations).



- They can also do some serious carb-loading before a big Friday night out at **Boston Pizza**.
Save 15% on regularly priced food items when students dine-in or take-out.



- Cool for school.** Visit caaniagara.me/backtoschool to see all the places where you can save.



Annual General Meeting

In accordance with its constitution and bylaws, the Annual General Meeting of CAA Niagara will be held Friday, Nov. 29, 2024, 6 p.m., at Inn on the Twenty, in Jordan Station, to complete the following agenda items:

- Read and approve the minutes of the Annual Meeting of Members from Dec. 1, 2023.
- Appoint auditors and authorize directors to fix their remuneration.
- Elect directors.
- Receive, consider and approve the financial statements for the fiscal year ending on Sept. 30, 2024, together with the auditor’s report herein and all the transactions.
- Review and approve proposed changes to CAA Niagara bylaws, if required.
- Conduct such other transactions as may properly be brought before the meeting.

Taking Advantage

CAA-approved auto-repair companies worth your dollar

IT'S IMPORTANT to always have an expert in your corner, whether it's for your dental work, plumbing—or your car. CAA wanted to take the guesswork out of shopping for a pro, so CAA Niagara started the Approved Auto Repair Services (AARS)[™] program.

“[The program] identifies auto-repair facilities that meet stringent CAA standards for quality service at fair prices,” notes Bill Tripp, an automotive support manager at CAA Niagara. AARS facilities must be in business for at least two years, fill out a credit report and comply with provincial laws on discarding hazardous materials. CAA Members also receive exclusive perks and benefits at AARS businesses, including a one-year, up-to-20,000-kilometres warranty on certain vehicle parts and services, and three percent back in CAA Dollars[®].

Advantage AutoPro, which has been in Niagara Falls for

almost two decades, is an AARS business. “With a love of cars and as a multi-generational mechanic from Niagara Falls, I wanted to offer great quality and trusted service at affordable prices for the residents of the city that I grew up in,” says Tyler Mason, owner of Advantage AutoPro.

Top-notch customer care is at the heart of everything the company does, and that includes a greeting from shop cat Otto, of course. “We create trust by treating each customer as a member of our family, and their vehicle like it was our own,” Mason says. “We are proud to be a CAA-approved shop, strive to help with any unscheduled breakdowns as quickly as possible, and work to get everyone’s vehicle back on the road.”

Check out caaniagara.ca/auto/approved-auto-repair-service to learn more about auto-repair facilities you can trust.

Tips for Teen Drivers

THE LICENSE TO DRIVE IS, for many young people, a gateway to freedom—but there’s an element of responsibility too. Here is an important tip sheet to tear out and share with young drivers in your life—what they need to remember and practise in order to keep themselves, and others, safe



Teen Tip Sheet



Rules of the road Know, understand and always obey critical regulations, such as speed limits, traffic signals, road signs and right-of-way rules in the areas where you will be driving.

Be defensive Scan the environment for hazards. Be aware of and be alert to everything going on around you. Stay a safe distance from other road users and pedestrians.

Stay focused This means eliminating distractions, such as your mobile phone (best to turn it off), as well as eating, fumbling with your music device or the radio, or even chatting with your passengers.

Safety first Seat belts are *not* optional—for you and for your passengers.

Watch the weather Don't drive in conditions that feel unsafe, including heavy rain, snow, ice and heavy winds.

Visit caaniagara.ca/auto/driver-education-safety to learn more.

The Best B-sides

Exploring a world of unexpected travel destinations that deliver

By Dick Snyder

MAKE YOUR NEXT TRIP off the beaten path and swap one destination for another that might be less touristy or more affordable. Here are a few ideas to get you started.

THE COAST WITH THE MOST

Like Sydney? Try Brisbane, Australia

Smaller and more manageable than Sydney, Brisbane is the perfect city to bum around and day-trip from to explore the sun and surf of Gold Coast and Byron Bay. With a population of roughly 2.5 million, it offers all the highlights of a major metropolis like Sydney, but without the hype. Local restaurants, boutiques and weekend markets in the West End neighbourhood offer a window into how the hip live.

CULINARY EXPLORATIONS

Like Paris? Try Lyons, France

One of the culinary capitals of France, Lyons offers a more compact and accessible eating experience that's a little easier on the wallet. Everything from food markets to Michelin-star restaurants can be easily navigated, along with a wine culture that spans many of France's famous regions, including nearby Beaujolais and the Rhône Valley.

BEACH VALUE

Like Orlando? Try Tampa, Florida

This coastal city in the Sunshine State may not deliver theme-park delights on the same scale as Orlando, but it does still deliver. Busch Gardens and Adventure Island offer family fun with rides and wildlife, and the fact that it's on the water adds another host of options for everyone.

NATURAL BEAUTY

Like Bali, Indonesia? Try Palawan, Philippines

Palawan's charms are considerable, not the least for its comparatively reasonable prices, and when you factor in the lush landscapes and gorgeous unspoiled beaches—and lack of hustle and bustle—it's pretty much an ideal, and less touristy, escape. Great for snorkellers, scuba divers and beach lovers, with lagoons galore for exploring. The sunsets are stunning.

CULTURAL CITY

Like Rome? Try Naples, Italy

Rome is famous as Italy's capital and home to countless historical landmarks, but as an antidote to its congestion



Palawan, Philippines



Brisbane, Australia



Tampa, Florida



Lyons, France



Naples, Italy



San Diego, California

and vastness, Naples—approximately a two-hour train ride south—is like a compact but less overrun version. It’s a little gritty, with vibrant street culture and nightlife, but the culinary scene—this is the home of Neapolitan pizza—is second to none. Naples is also a jumping-off point to the stunning Amalfi Coast and the archaeological wonders of Pompeii.

OUTDOOR/ADVENTURE

Like Queenstown, New Zealand? Try San Gil, Colombia

Sharing Queenstown’s thrill-seeking vibe, San Gil attracts travellers with water-based activities like rafting and kayaking, along with other adrenaline boosters like paragliding. Known as Colombia’s adventure capital, it’s renowned for caving, canyoning and hiking, too. There’s an authentically local vibe here, and visitors like to dig deep into unique Columbian culture and cuisine.



San Gil, Colombia

URBAN VIBES

Like Los Angeles? Try San Diego, California

As an alternative to the intensity of Los Angeles’s urban bustle and glitz, San Diego offers a more beach-centric experience, plus beautiful museums, wonderful dining—check out the historic Gaslamp Quarter—and attractions such as LEGOLAND and the famous San Diego Zoo. And San Diego’s proximity to Mexico means the food is outstanding. You get more bang for your buck here, too.

A CAA Travel Consultant can help you plan your next vacation.

Visit caaniagara.ca/travel to learn more.

PHOTOGRAPHS: (THIS PAGE FROM TOP) JILL GREER/IFEROL; (OPPOSITE PAGE, CLOCKWISE FROM TOP) R.M. NUNES, MARTIN VALIGURSKY, MELISSA K SHARP, ALESSANDRO, VIAVAL, ALL ADOBE STOCK

NIAGARA AIRBUS

WINTER SEAT SALE

Buy 2 roundtrip seats for Toronto Pearson Airport at regular price

GET 2 FREE*

niagaraairbus.com

TRAVEL GUARANTEE

Terms* Booking required 84 hours or more in advance. All guests travelling to and from the same address, on the same dates, at the same times. Round Trip fare only. No other discounts apply. For Travel Departing between November 1, 2024 & April 30 2025. Returning within One Year of the departure date. Cancellations over 84 hours will receive a future use credit of 85% valid for one year. Cancellations under 84 hours are non-refundable.

CAA NIAGARA

Members SAVE 10%

- On Airport Shuttles booked four or more days in advance
- Our NEW “Combo” – Private or Shuttle one way options, booked four or more days in advance
(please speak to your agent about details & pricing)
- Niagara on the Lake Wine Country Tours for arriving guests and locals with visitors

niagaraairbus.com

NIAGARA AIRBUS
Airport Transportation • Sightseeing Tours



How to Spend 72 Hours in Ottawa

Explore a city with a fascinating mix of attractions

By Briony Smith

IF YOU'RE UNDECIDED about where to go for your next Ontario adventure, consider our nation's capital.

"Ottawa is a beautiful city to explore any time of year," says Rachel King, senior marketing manager, travel and rewards, CAA North & East Ontario.

"The city offers diverse experiences for every traveller, whether you're looking to spend time outdoors, shop at farmers' markets, cheer on the local teams or wander through museums and art galleries. And it's easy to get around the city to explore every unique neighbourhood."

There are also plenty of spots to use your CAA Membership to max out savings and keep your travel budget on track. "Travelling can add up, but CAA helps to keep more money in your wallet," King points out. "CAA Members can use their CAA Card throughout their entire trip, from hotel stays and VIA Rail tickets to local attractions and museums."

Want to make the most of your visit to Ottawa? Here are some tips from insider King.

ARTS AND CULTURE ACTIVITIES

Ottawa is renowned as a destination for culture, boasting seven of Canada's nine national museums. "Whether you're into science, spaceships or animals, there's a museum for you," King notes. CAA Members save 25 percent on single-admission tickets to the Canada Science and Technology Museum, the Canada Aviation and Space Museum and the Canada Agriculture and Food Museum, and 15 percent on single-admission tickets to the Canadian Museum of Nature.

FAMILY-FRIENDLY FUN

"Celebrate a touchdown with the Ottawa Redblacks, our local CFL team, and save 20 percent on home-game tickets in September and October," says King. This season the Ottawa Redblacks are celebrating 10 years of football.

ROMANCE AND THE CITY

Date night isn't complete without dinner reservations. CAA Members get two pizzas for only \$35 at Crust & Crate, a pub offering artisanal fast-fired pizza with local craft brew and cocktails in a chic industrial space.

THE GREAT OUTDOORS

King recommends joining a small-group tour or renting a bike and explore Ottawa's extensive network of trails and paths on your own. "It's easy to discover Ottawa on two wheels. You'll see the best of Ottawa's attractions, neighbourhoods and nature this way." CAA Members save 10 percent on bicycle rentals and tours when booking with Escape Bicycle Tours and Rentals online.

If you're seeking adventure on water, King suggests an Ottawa River whitewater rafting tour. CAA Members save 10 percent when they book with Madawaska Kanu Centre or OWL Rafting.

SHOP 'TIL YOU DROP

Check out CF Rideau Centre, Ottawa's largest shopping complex, located near the famous Byward Market. "From everyday shopping to luxury brands, you'll find something to take home with you from your trip," King says. "Don't forget to show your CAA Card to save on shopping at popular stores, like RW&CO." (Visit the CAA website to discover which retailers offer a CAA discount.)

Need help planning your family getaway? "A CAA Travel Consultant can be your guide to make it a stress-free holiday," King notes.

Visit caaniagara.ca/rewards to learn more.

The Good Baggage



Find your next trusty travel companion at one of four CAA Niagara branches

YOU NEVER KNOW if a suitcase is going to hold up. That’s why “test-driving” any potential purchase is the smart move. Each of the four CAA Niagara branches have plenty of quality options on offer, and friendly staffers are happy to give advice on what luggage and other travel accessories will work best for you on your next journey.

Here are a few brands you can test-drive in person at any CAA Niagara branch:



If you want a little something from Niagara as a gift on your travels, the Pen Centre Branch in St. Catharines has got you covered. The Community Retail section offers a wide array of locally made artisan items for sale, from soaps and perfumes to candles and clothing.



Heys Support an Ontario-born business and pick out a bold bag from Heys, famed for pioneering “the world’s lightest carry-on”—the candy-coloured Xcase.

Samsonite Need a suitcase that lasts and lasts? Samsonite has been in business for over 100 years and their wares boast just as much staying power.



Disney If you’re headed to the Magical Kingdom, you may want luggage to match—pick up a piece emblazoned with Mickey or Minnie Mouse.

Bench British clothing brand Bench makes great athleisure wear—and great bags, too. Their satchels, weekender duffels and totes are perfect for shorter trips away.



Visit caaniagara.ca/contact-us or come see us at one of four convenient locations—Grimsby, Niagara Falls, St. Catharines and Welland.

UPCOMING DAY TOURS

Join us for an unforgettable day!

JOURNEYS

BY CAA NIAGARA

CNE – Canadian National Exhibition
August 29

High Tea & the Rose Garden @ RBG
September 5

Frank Lloyd Wright Architecture Tour – USA
September 6

La Cage aux Folles @ Stratford
September 17

Toronto Blue Jays vs Miami Marlins
September 29

St Jacobs Farmer’s Market & Village
October 5 & 26

MAMMA MIA!
November 6

Celtic Thunder: Odyssey Tour
November 16

Come From Away
November 27

The Lion King
December 31

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



A Vintage Cycle

Savour a safe Niagara bike adventure

By Briony Smith

NIAGARA IS A DIVINE DESTINATION for cyclists with its bounty of sights and activities. Plus, the local topography has its flat spots—with notable exceptions, such as the Niagara Escarpment—making the potential for biking between must-see spots a breeze.

“The trails and scenery make Niagara a great choice for cycling,” says Zoom Leisure Bikes’ store manager, Ben Visser. He offers insider suggestions on how to explore the region on two wheels.

Hit the local must-visit spots “Some of the best sights to see are the Niagara River and Niagara Gorge. I also love the historic old town district of Niagara-on-the-Lake and the wineries themselves.”

Join a wine cycling tour “Tours in our area offer riders opportunities to experience the sights, while tasting and learning about the amazing wines Niagara has to offer.”

Try out a cycling trail “All the trails in the area have amazing views. They offer great access to the wineries and other events.”

Safety en route “Safety is of the utmost importance when you’re cycling. The Niagara Region is known to be busy with tourism traffic. As cyclists, it is important that we are aware of the increased foot and car traffic, ensuring safety for all.”

Keep this safety checklist handy the next time you embark on a bike tour in the Niagara Region:

- Brush up on your road-safety rules before you head out.
- Double-check that your helmet is defect-free and fits well. It should sit two fingers above your eyebrows and you should be able to fit a finger between your chin and the strap. The chin strap should fit snugly.
- Double-check that your headlight and taillight are working in case you’re out after the sun sets.
- Stay visible in light or bright clothes and put reflectors on your helmet and bike.
- Wear proper footwear, such as running or cycling shoes.
- Skip loose-fitting pants or long skirts that can get caught in your bike chain.
- Stay to the right of the road and obey road signs as the cars do.
- Never drink and cycle. Do it like the pros and don’t swallow your tastings.
- Found a vintage you simply must have? Wineries deliver; no need to transport precious cargo on your bike.

Visit caaniagara.ca/community/bike-safety to learn more.

Scenic Cycling

Want to blaze your own trail? Try this beginner’s bike route featuring four essential pit stops along the way

STOP 1 Inniskillin

(Park your vehicle here. Proceed by bike.)

A Niagara tour wouldn’t be complete without a stop at Canada’s first estate winery. Start your trek at this long-running institution—and 2021’s Sweet Wine Producer of the Year—and take in their beautiful patio.

Now on to...

STOP 2 Reif Estate Winery

(bike 1 km/4 min. from Inniskillin)

Pedal to one of Niagara-on-the-Lake’s founding family wineries, established in 1982. This 125-acre vineyard enjoys a long growing season and produces rich full-bodied wine, refined by the nearby Niagara River.

Now on to...

STOP 3 Lakeview Wine Co.

(bike 8.1 km/28 min. from Reif Estate Winery)

Join a guided walk through the vineyards and visit the cellar, which is patiently aging more than 1 million bottles of wine. Or enjoy a light snack on the back lawn.

Now on to...

STOP 4 Silversmith Brewing Co.

(bike 2.5 km/8 min. from Lakeview Wine Co.)

Beer more your gear? Located in an old church, Silversmith provides a space where travellers and locals alike can meet and bask in the divine setting of the region’s first brew pub.

The ride from Silversmith Brewing Co. back to your vehicle at Inniskillin is 5.7 km, or 25 min.

In the Zone

A refresher to help ensure that kids get to school safely

A NEW ACADEMIC YEAR means students—and parents—are rushing to get to the schoolyard before the morning bell rings. But no lesson is more important than learning to drive cautiously in school zones. It's every driver's responsibility to obey traffic laws that help protect everyone, including the 1.4 million-plus elementary and secondary students in Ontario who commute to and from school.

You can help reduce school-zone congestion (and the potential for an accident) by encouraging kids to walk or bike with a buddy if possible. Make sure they're familiar with the route by doing a dry run with them if it's their first time getting to school on their own, and be sure to point out crosswalks and stop signs along the way.



Visit caaniagara.ca/community/school-zone-safety for more information on keeping school zones safe.



Good Eats

CAA is on a mission to help stop hunger in the region

NO ONE SHOULD GO HUNGRY. And the need has never been greater in the Niagara Region: More local residents are using food banks than ever before, according to a report by Brock University.

That's why CAA is on a mission to provide better food security for folks in the Niagara Region. CAA started the Big Food Boost in 2021 to help collect food for the charity FEED Niagara, comprised of 10 regional food banks with the goal to "stop hunger with care and compassion."



Last year, CAA pledged **\$1 million** (\$100,000 every year for 10 years) to help the charity reach its goal.



CAA also collected more than **4,000 pounds** of food from local residents during the community-wide food drive in 2023.



Looking to donate?

Here's a list of the most-needed items:

- beans
- canned and dry pasta, cans of pasta sauce
- rice, quinoa and couscous
- canned fruit, veggies and proteins
- stews, chilli, soups and broths
- instant and ground coffee and tea
- hot and cold cereals
- fruit juices and juice boxes
- children's snacks
- baby food
- small bags of flour and sugar
- cooking oils
- condiments
- dried spices, including salt and pepper
- Boost and Ensure
- vegan foods
- toilet paper, paper towels and facial tissues
- toiletries
- liquid dish soap
- cat and dog food

Visit caaniagara.ca/community to get involved and to learn more.



Fine Furry Friends

Pet insurance helps provide peace of mind | *By Briony Smith*

OWNING A PET CAN BE EXPENSIVE, and an unexpected vet bill is the last thing many of us need. This time of year, pets can develop ragweed allergy or gobble up seasonal no-nos, from Halloween candy to Thanksgiving leftovers.

But there's a way to help counter the cost of these surprises: pet insurance. CAA Members get a 13.5% discount on Pets Plus Us pet insurance. (Do you have a friend or family member who is not a CAA Member and needs pet insurance? They get a 9% discount. Simply click on the CAA Insurance website's Non-Members button to get a quote.) A variety of available plans will make sure there is something for every pet and every budget.

Accident Plan With coverage of up to \$5,000 per year, this plan helps cover eligible emergency care—say, a broken bone or an injury sustained in a car accident. Medical devices required for ongoing care due to an accident, treatment due to a complication, ER fees and euthanasia may also be covered. Vet-prescribed alternative therapies to help treat an unexpected accident may also be covered, including acupuncture, chiropractic services, hydrotherapy, massage therapy, physiotherapy and laser treatment.

Accident & Illness Plan This customizable plan offers two choices, either \$7,500 or \$15,000 coverage annually, with deductible and reimbursement options to fit your budget. This means you can get access to a wide range of health-care alternatives for your pet, from diagnosis to ongoing treatment, with less worry. Eligible behavioural therapy is also covered, along with trip cancellation (in case your pet needs urgent treatment before or during your prepaid journey and you can no longer travel) and lost-pet support (yes, the plan helps cover printing lost-pet flyers).

FLEX Care Add-On Want additional coverage for routine and seasonal care? You can add FLEX Care to your Accident & Illness Plan to cover costs, ranging from annual exams, vaccines and flea- and tick-prevention treatments to nail trims and dental care for an extra cost each month. FLEX Care, however, doesn't cover grooming and grooming supplies, non-prescription pet food and travel costs.



Pets Plus Us policies do not cover costs for the following procedures:

- reproduction and reproductive-system issues; spaying and neutering
- cosmetic procedures such as grooming, debarking, declawing, dewclaw removal, ear cropping, tail docking, and skin-fold, nasal and stenotic-nares corrections
- experimental treatments and unlicensed medications
- non-therapeutic services and supplies
- illnesses or accidents stemming from risky activities, like commercial guarding and for-profit racing
- post-mortem/autopsy

All these features can help keep your budget on track. And don't forget to make good use of those potential extra dollars—pick up a few bonus treats for your furry friend.

Visit caaniagara.ca/petinsurance to get more details and learn more about pet insurance coverage.

CAA Members receive a preferred rate of 13.5% off. Non-members receive a preferred rate of 9% 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> © 2024 All rights reserved. Pets Plus Us Pet Insurance policies are underwritten by Northbridge Insurance, distributed by PTZ Insurance Services Ltd & Société d'Assurances Collectives (Sodaco) Inc. in Quebec. Pets Plus Us Pet Insurance is available in all provinces and territories.



With **AmaWaterways** you'll discover the world's most fascinating destinations, from the unforgettable landscapes along Europe's iconic rivers, to the exotic allure of Asia's waterways.

Enjoy hosted cruise events, delicious regionally inspired gourmet cuisines, and indulging in enriching shore excursions geared towards your choice of relaxation, adventure, or cultural discovery.



CAA Members always travel with benefits:

- Save \$360 per stateroom on sailings 7 – 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





OHIO FALL COLOURS & AMISH EXPERIENCE

October 7 to 10, 2024

Tuxedo Classic

Explore the unique culture of the Amish with a visit to Holmes County, Ohio. In our fast-paced world of high technology, Ohio's Amish Country offers a step back in time to a much simpler and peaceful way of life. Experience the warmth, charm, and small-town hospitality. Be mesmerized by the orange, red and gold foliage that covers the countryside in autumn.



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.



LANCASTER CHRISTMAS HOLIDAY

November 19 to 22, 2024

Tuxedo Classic

Travel to the heart of Lancaster County, known for its Amish and Mennonite population and picturesque farms. See the new Sight and Sound Millennium Theatre production of "Daniel". Enjoy the "Joy to the World" production at the American Music Theatre followed by "White Christmas" at the Dutch Apple Dinner Theatre. Optional shopping at the Tanger Outlets.



CHRISTMAS WONDERLAND IN FRANKENMUTH

December 2 to 4, 2024

Relaxation

Travel to Michigan's Little Bavaria for a relaxing 2-night vacation to experience all Frankenmuth has to offer. Learn about the history with a guided tour of Frankenmuth. Take a 30 min class on Pretzel making, and of course plenty of time for shopping. Enjoy an evening out viewing the holiday display of 100,000 dancing lights.



EASTERN CARIBBEAN CRUISE WITH NCL

February 1 to 10, 2025

Relaxation

Join us for a relaxing 7-night Caribbean Cruise onboard the Norwegian's Encore. Experiencing the best of what the Eastern Caribbean has to offer. Ports of call include Dominican Republic, US Virgin Islands, British Virgin Islands, and Norwegian's private island in the Bahamas. Experience all that Norwegian Cruise Lines has to offer with their specialty dining and high-end entertainment.



CAA MEMBER APPRECIATION CARIBBEAN CRUISE

March 5 to 15, 2025

Relaxation

Join us on a relaxing 9-night Eastern Caribbean Cruise onboard Celebrity's ship the Summit. Visit the ports of San Juan, Puerto Rico, Puerto Plata, Dominican Republic, Philipsburg, St Maarten and Nassau, Bahamas. Experience why sailing with Celebrity makes a perfect holiday!



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.



Autumn Adventures Await!



Make the most of the fall season with exclusive savings for CAA Members at Shell. Whether it's a weekend getaway or a scenic drive, enjoy the benefits of being a CAA Member.

1 Fuel Discounts:

Save at the pump with your CAA Membership at **Shell**



2 Snack Savings:

Save on all your favourite snacks and beverages



3 Sparkling Rides:

Save on carwashes



caaniagara.ca/shell

*Terms and conditions apply. At participating stations.

GET IN THE DRIVERS SEAT FASTER WITH

AAPEX DRIVING ACADEMY

**NIAGARA'S BEST DRIVING SCHOOL
VOTED #1 BY THE COMMUNITY**



why learn to drive with us?

- 36 years of being in the community
- in-class *or* e-learning options available
- serving the entire Niagara Region
- Niagara's largest fleet of qualified instructors
- eleven different languages spoken
- one-on-one service representatives

1.800.463.1436
AAPEXDRIVING.COM

WHERE IN THE WORLD?

Heritage Minute

Unveiled in 2017, this Canada 150 Project honours the contributions of First Nations peoples to the Battle of Beaver Dams and the creation of Canada. The circular limestone monument, which sits in a heritage park at the end of the Laura Secord Legacy Trail, was designed by Indigenous architect Douglas Cardinal.



PHOTOGRAPH: JOE BORGES



Think you know where this is? Send us a note at magazine@caaniagara.ca with the subject line “Where in the World?” and tell us about it.

Last issue’s location was the Screaming Tunnel in Niagara Falls—a dark, eerie passageway underneath railway tracks, which, according to local lore, is haunted.

Wax In, Wax Out

Ear wax keeps our ear canal lubricated and protected, but buildups can cause issues like temporary hearing loss and discomfort. Here are the facts on ear wax: the good, the bad and the blockages.

When the topic of ear wax comes up, it's usually characterized as an annoyance. There's too much of it; it's causing problems; it needs to go. But ear wax serves an important function, working away quietly to coat and protect the ear canal from water, dust and other irritants. However, it is possible—and extremely common—to have too much of it. Here's everything you need to know about identifying ear wax buildup and how best to resolve it.

Cleaning the ear

Let's begin with a likely familiar refrain: resist the lure of the cotton swab. It may feel divine to twirl it around in there—lots of nerve endings reside in the ear—but experts advise against it for several reasons. First, you risk damaging the inner ear if you go too far. Second, swabbing away the ear's waxy defenses can cause irritation and infection. The ear is self-cleaning and the presence of wax is healthy. Go no further than wiping the visible outer ear (known as the pinna) with a damp cloth or tissue.

Dealing with buildup

Ear wax buildup and blockages are very common, caused when excess wax hardens in the ear. Some individuals are prone to produce more ear wax than others. Wearing ear buds too often can inhibit the ear's natural self-cleaning function, as can hearing aids. Ear wax buildup or blockage is the top reason individuals experience hearing loss, so be sure to tune into these symptoms:

- **Low, persistent ringing**
- **Sounds are muffled or as if underwater**
- **Earache or pain in the ear or neck**
- **Feeling of fullness in the ear canal**

- **Save up to \$1,900 on a pair of Select level hearing aids***
- **15% off everyday listening products**
- **5 years of free batteries with hearing aid purchase**

*Private clients only. Cannot be combined with any other offer, rebate or previous purchase and is non-redeemable for cash. Save up to \$1,900 on a pair of Select level Sonova hearing aids; 15% off Advanced level (excluding Phonak Audéo Sphere™ Infinio hearing aids); and 10% off Standard level hearing aids with a valid CAA Membership. This offer is a tiered rebate determined by which level of Sonova Hearing Technology purchased. Offer not applicable to Hearing Care Plan. Offer expires April 30, 2025. Lyric, Bone Anchored Hearing Solutions, Econo aids, Non Sonova and AB products excluded. See clinic for details.

When to see a doctor

If you are a person who produces a lot of ear wax, have your doctor take a look at your annual check-up. Those with hearing aids will require routine preventative checks and cleanings from a Hearing Care Professional. If you suspect a buildup or blockage, see a Hearing Care Professional; taking a DIY approach can lead to infection. Significant pain, hearing loss and draining from the ear can all be signs—you'll need to see a medical professional as soon as possible in that case.

Staying on top of your ear health can help maintain your hearing and your overall well-being. If you feel your hearing has changed, book a free hearing test today.

Visit connecthearing.ca/CAA or call 1.888.486.0177.

