

CAA

MAGAZINE

- It's time to get back to Bermuda
- Helping kids benefit from the power of play
- Does your new car need an extended warranty?

WINTER 2023

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ROAD MAP

WINTER 2023

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The Spirit of Giving

One-million-dollar pledge answers the call from local Niagara charities



Peter Van Hezewyk
President and CEO
CAA Niagara

AS THE HOLIDAY SEASON APPROACHES, bringing with it a spirit of giving and togetherness, I am pleased to share a special announcement.

In September, we proudly announced a substantial commitment: a multi-year pledge of \$1 million to support Feed Niagara. This announcement reflects our unwavering belief in the strength of community and the importance of making a positive impact in the lives of those in need.

Every year, we'll give \$100,000 to Feed Niagara, an organization working hard to fight hunger in our region. This will help them reach more people who need food. Together, we are determined to make sure nobody in our community goes hungry, creating a better future for everyone.

Our partnership with Feed Niagara began with a heartfelt \$100,000 donation earlier this year and has grown into a long-term commitment to their important work. Through our "Big Food Boost" initiative, our community united to collect over 3,000 pounds of non-perishable food items. This highlights our ability to make a real impact when we join forces to support those in need of food.

None of this would be possible without the dedication of our Members, partners, and employees including our newest family members Niagara Airbus and AAPEX Driving Academy. Your unwavering support makes our community initiatives possible. Together, let's keep spreading hope, happiness, and full bellies throughout our region.

To learn more about CAA Niagara's community initiatives and how you can help make a difference, please visit caaniagara.ca/community. Wishing you all a wonderful season filled with warmth and togetherness. **CAA**

New Strategic Direction

A Strategy to Focus on Members, Customers and Community



Mike Goodale
CAA Niagara Board Chair

AT CAA NIAGARA, our Members are at the heart of everything we do. They inspire us to seek opportunities for growth, such as our recent acquisitions of Niagara Airbus and the AAPEX Driving Academy. Our Members also motivate us to provide exceptional value and unparalleled experiences each and every day.

In line with these commitments, we are excited to unveil our new strategic direction, aimed at enriching the lives of everyone in the Niagara community. Our Vision represents our long-term aspiration: **"Making a difference for everyone in Niagara every single day."** This vision propels us to make a positive impact on the lives of our Members, our customers and the wider community, day in and day out.

Our Mission: **"Your trusted partner delivering peace of mind and creating memorable experiences."** This underscores our role as a reliable partner, offering safety and security at the roadside as well as meaningful rewards and savings across all our businesses.

At the core of our strategic plan lies a focus on Members, customers and the broader Niagara community. Our aim is to connect with you to better understand your needs, driving growth and loyalty. By streamlining operations, fostering profitable and sustainable growth, and consistently enhancing our services, we strengthen our market position and provide exceptional Member value.

We're eager to hear your thoughts and ideas about our new strategic direction. Feel free to share at caaniagara.ca/idea. Your input is greatly valued.

Wishing everyone a happy and healthy holiday season. **CAA**

Member Stories

IT'S BEEN A PLEASURE, CAA!

As a long-time Member, I can honestly say that it has been a pleasure working with CAA. Over the years, I leaned on CAA for passport photos, International Driving Permits, many maps and a tow. I have always encountered friendly staff who are quick and thorough, and a nice, small-town feel.

-Frank F.



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.

PUTTING IN A GOOD WORD

To the CAA Niagara Falls branch: You're all very helpful—from the person who answered the phone to the guys who changed my battery, Kent and Brad. They're all very respectful employees that offer great customer service. Thank you, CAA.

-Deline H.



“

As a long-time member, I can honestly say that it has been a pleasure working with CAA



GRACIOUS GUIDANCE

In March, I booked a flight with Shirley McCutcheon at the Welland branch. She was so helpful, patient and gracious despite me bugging her a lot. Throughout our time working together, she was always respectful, professional and kind. Way to go, CAA Welland!

-Bonnie M.

A HUGE THANK YOU

I want to send a huge thank you to Phil, a tow truck operator in Nagara Falls. When he arrived, I immediately sensed his professionalism and exceptional work ethic. He was very polite, thorough and reassuring. Thanks again!

-Carol A.

SO GLAD FOR MY MEMBERSHIP

I have used CAA twice this year, once for battery replacement and once for a tow. Both employees were really helpful and courteous, and both got to me in decent time. I'd like to give a shout out to driver #50 for my tow today—I really appreciate your helpfulness and stellar service during this stressful time

-J. H.



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Feel the Heat

Take the plunge into nature's own hot tubs

By Claudia Laroye

COLD OUTSIDE? All the more reason to luxuriate in a soothing reservoir of warm mineral-laced waters! Take the plunge into these five remarkable hot springs in Canada and around the world.

LIARD RIVER HOT SPRINGS, B.C.

The second-largest natural hot springs in Canada are just off the Alaska Highway in northern British Columbia. This hot pool, which ranges in temperature from 42°C to 52°C, is surrounded by a frosty white boreal forest. A boardwalk leads to the pool, passing through a warm-water swamp that supports diverse plants and local wildlife.

BANFF UPPER HOT SPRINGS, ALBERTA

Canada's most historic and highest-elevation hot springs offer healing mineral-rich geothermal waters that come with splendid views of Bow Valley and Mount Rundle. The bathhouse is a federal heritage building with interpretive signage highlighting the history of these iconic springs.

BLUE LAGOON, ICELAND

The bright milky blue of Iceland's renowned Blue Lagoon contrasts with the stark black volcanic landscape in Grindavík, about 45 minutes from Reykjavík. Steam rises from the 37°C–40°C blend of heated saltwater and freshwater—a mineral-rich by-product of the nearby geothermal power plant.



The terraced pools at Pamukkale, a UNESCO World Heritage site, were allegedly favoured by Cleopatra.

PAMUKKALE, TÜRKIYE

Known for its brilliant white travertine marble pools brimming with striking blue thermal waters, Pamukkale (Turkish for “cotton castle”) is one of the country's most popular destinations. The bare-foot-only terraced pools are a UNESCO World Heritage site, and the Cleopatra, a.k.a. the Antique Pool, is an intriguing choice for its warm waters and the 7th-century Doric columns that tumbled into the pool. This is where Cleopatra liked to take a relaxing dip.

AQUA DOME SPA, AUSTRIA

Alpine wellness at the futuristic Aqua Dome Spa, about an hour's drive from Innsbruck. The site features 12 thermal baths and 7 saunas with a full relaxation menu underneath a crystal-faceted glass dome, and, outdoors, spectacular views of the Ötztal Alps. There's also a kid-friendly area with a cascade waterfall and water slides.



CAA Travel can help you escape winter. Book your adventure today.

THE LOCALER

Todd Green

EIGHT WEEKS AFTER FOUNDING Tomorrow's Voices in 2017, Todd Green was in the wings at a Serena Ryder concert, watching 25 kids from St. Catharines perform with her on stage. The choir was a diverse group—ages 8 to 18, representing various abilities and backgrounds—and, together, were creating harmony and much more. “The kids felt incredible about themselves,” recalls Green. “They got a standing ovation from 1,500 people. It gave them a huge boost of confidence.”

Tomorrow's Voices is a non-profit after-school choir program born from the belief that kids should be heard. There are no auditions or barriers to joining—no experience needed. And—with donations and the ongoing support of community members, volunteers and corporate sponsors, including RBC Royal Bank and TD Bank—it's free. And while the children gain music knowledge and experience, relationships are at its core. “The friendships you see—that's the thing I want, for the kids to gain a sense of community,” says Green. “They talk about it as being their choir family.”

Green, an associate professor at Brock University, runs Tomorrow's Voices in his spare time and has no plans to slow down. “We're in six cities in six years—it's grown quickly. I'd love to be in every province.”

—Alison LaMantia



Todd Green's non-profit, Tomorrow's Voices, provides free after-school choir programs led by professional music directors.



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.



THE ONE

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HOT SPOT

Rizzo's House of Parm

THE LOVELY LAKESIDE TOWN

of Crystal Beach is a popular summer hot spot as well as a cozy getaway in winter. It has also been attracting foodies as of late, thanks to Rizzo's House of Parm (rizzoshouseofparm.com), owned by celeb chef and local resident Matty Matheson. The bustling, family-friendly restaurant serves Italian classics and comfort food, including three types of parm, of course, and a kids' menu with meals named after Matheson's own brood, like Ozzy's Chicken Tenders.

-Kate Rae



It's a family-style feast every day at Rizzo's House of Parm.



Crystal Beach is attracting foodies, thanks to Rizzo's House of Parm, owned by celeb chef and local resident Matty Matheson



The long-awaited Grand Egyptian Museum opens this year.

Three to See

The Bridge Collection Museum Porto, Portugal

Fittingly located near the city of Porto, home of the famous sweet wine, The Bridge Collection Museum explores the history of the tradition of drinking and its role in society and culture over the past 9,000-plus years. On weekends, guests can participate in an immersive "escape room" game. Your mission: An artifact is missing and your team of researchers is charged with its recovery. You have 60 minutes.

The Punk Rock Museum Las Vegas, Nevada

The Punk Rock Museum chronicles the rebels of rock 'n' roll with memorabilia covering the genre's instigators (Iggy Pop and the Stooges, Ramones, Sex Pistols) through its mainstream hit-makers (Blondie, Devo, Green Day, The Offspring). Canadian bands are well represented, too, from Newfoundland's satirical Da Slyme (who, this year, released their first album in more than 20 years) to B.C.'s garage rockers The Smugglers (led by Grant Lawrence, host of CBC Music's *Top 20* and *Searchlight*).

Grand Egyptian Museum Cairo, Egypt

The Grand Egyptian Museum (GEM) houses the largest archaeological museum complex in the world with more than 100,000 artifacts, including the complete collection of King Tut's treasures. Construction began in 2005 and the museum is currently offering limited "trial" visits. It is slated to officially open in early 2024.

-Staff

Light Up Your Winter

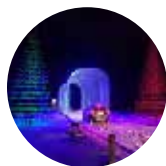
'Tis the season for sparkling light shows across Canada

AS WINTER PAINTS Canada in dreamy white, the country responds with a vibrant palette of light. From coast to coast, glittering light festivals blanket frosty landscapes, creating a winter wonderland filled with magical experiences for all ages.



ALBERTA Glow Holiday Festival of Lights

Alberta decks the halls in style. The Glow Festival of Lights in Edmonton and Calgary (Dec. 7-31) is a Christmas-themed indoor extravaganza spanning approximately 90,000 square feet featuring millions of twinkling lights, lively music, festive food and a bustling market teeming with local crafts.



SASKATCHEWAN Enchanted Forest

Located in the Saskatoon Forestry Farm Park and Zoo, the Enchanted Forest (Nov. 18-Jan. 7) features one of the longest-running drive-through light shows in the country. Now in its 25th year, the fantastical landscape boasts dozens of stunning custom displays, including a mesmerizing take on Noah's Ark that's 70 feet high and 160 feet in length.



MANITOBA Canad Inns Winter Wonderland

In Winnipeg, the Canad Inns Winter Wonderland (Dec. 1-Jan. 6) is a festive tour-de-force. More than a dazzling light show, the event features horse-drawn sleigh rides, a skating rink and food trucks offering delectable treats.



NIAGARA Winter Festival of Lights

Niagara Falls' Winter Festival of Lights (Nov. 12-Feb. 20) is Canada's largest free outdoor light extravaganza. The American and Canadian Horseshoe Falls become the canvas for vibrant light displays and fireworks, creating a memorable spectacle that mirrors the awe-inspiring power of nature.



ONTARIO Canada's Wonderland WinterFest

Canada's Wonderland, just north of Toronto, transforms into WinterFest (on select dates, Nov. 17-Jan. 7)—a haven resplendent in holiday cheer. This year's event features skating on Snow Flake Lake, live shows and hundreds of beautifully decorated Christmas trees throughout the theme park.



NOVA SCOTIA Evergreen Bright

A wintertime celebration of Nova Scotian hospitality, Evergreen Bright (Nov. 24-Dec. 17) is all aglow with installations along the Halifax waterfront and throughout downtown Halifax and Dartmouth. Visitors can stroll through the light-strewn paths, enjoy live performances and stop by vendors set up in cozy wooden chalets offering warming beverages and delicious local food.

—Claire Sibonney



PLAYLIST

What Songs Do You Road-Trip to, Kevin Hearn?

BARENAKED LADIES keyboardist, guitarist and vocalist Kevin Hearn has played with everyone, from the Rheostatics to the late Lou Reed. Earlier this year, the Grimsby, Ont., native dropped a cool cover album, *Dreamin' of the '80s*, with acclaimed violinist Hugh Marsh. Meanwhile, Canadian Music Hall of Fame inductees BNL toured this past summer, perhaps throwing on these songs in the bus.

I Pity the Country Willie Dunn	
[Progress bar and playback controls]	
Sorry You're Sick Ted Hawkins	⋮
Chancellor Jenn Grant	⋮
Back Home Bert Jansch	⋮
My Favourite Picture of You Guy Clark	⋮
Steady Rain Warren Zevon	⋮
Braggin' Bob Dylan	⋮
When The Swallows Come Back To Capistrano The Ink Spots	⋮
Prelude and Fugue in C Johann Sebastian Bach	⋮
Heaven Kevin Hearn and Hugh Marsh	⋮

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

PHOTOGRAPHS: (LEFT COLUMN, FROM TOP) COURTESY OF GLOW GARDENS; COURTESY OF BHP ENCHANTED FOREST; COURTESY OF TOURISM WINNIPEG; COURTESY OF NIAGARA, CA; COURTESY OF CANADA'S WONDERLAND; COURTESY OF EVERGREEN FESTIVAL; (KEVIN HEARN) COURTESY OF MATT BARNES

Surf's Up

Experience the delight of winter surfing all across Canada

By Briony Smith

ANTONIO LENNERT was destined for the sea.

After a childhood spent surfing the beaches of his native Brazil, he moved to California, where he found a cool camaraderie with fellow surf enthusiasts. Even a move northward to Canada couldn't keep him from the waves for long.

Lennert co-founded Surf the Greats, a surf and coffee shop in Toronto that aims to cultivate community among surfers—experienced and beginner alike—and promote the joys of surfing on the Great Lakes and beyond.

Canada certainly has an abundance of exciting surf spots and, perhaps best of all, many can be enjoyed year-round—even in winter.

Here, Lennert shares his recommendations for the best winter-surfing spots across Canada.

WOODBINE BEACH

Lake Ontario, Toronto

"Situated along Lake Ontario's shores, Woodbine Beach offers relatively smaller waves along its sandy bottom shoreline, making it a reliable location for winter surfing. And there's a striking juxtaposition of Toronto's skyline against the vast expanse of Lake Ontario."

Best for beginners: "The often-gentler wave patterns make it particularly suitable for beginners. Here, novice surfers can learn the ropes without being overwhelmed, and there are always other surfers around."

Visit nearby: "After a surf session, pop by our shop in Leslieville. Woodbine Beach offers one of Toronto's most captivating sunrises."

COX BAY BEACH

Tofino, Vancouver Island, B.C.

"The area offers consistent swells, especially during the winter months. This Pacific Northwest paradise is an amalgamation of dense rainforests, rugged coastlines and misty shores. The mist



Antonio Lennert prepares to surf on Georgian Bay.

hanging over the towering cedars as waves crash onto the rocky shores presents an ethereal winter wonderland for surfers."

Best for intermediate surfers: "The waves at Cox Bay Beach can go from very chill to powerful depending on the swell, making it an ideal spot for intermediate surfers."

Visit nearby: "Check out Storm Surf Shop for all your local surfing needs. Post-surf, head to Tacofino for the best tacos in town and grab a pint at the Tofino Brewery."

LAWRENCETOWN BEACH

Nova Scotia

"Lawrencetown Beach is exposed to the open Atlantic, ensuring powerful swells and challenging wave conditions, especially during hurricane season and the winter, when the North Atlantic storms roll in. The raw power of the Atlantic is palpable here, with the waves crashing against the rocks and creating a mesmerizing spectacle."

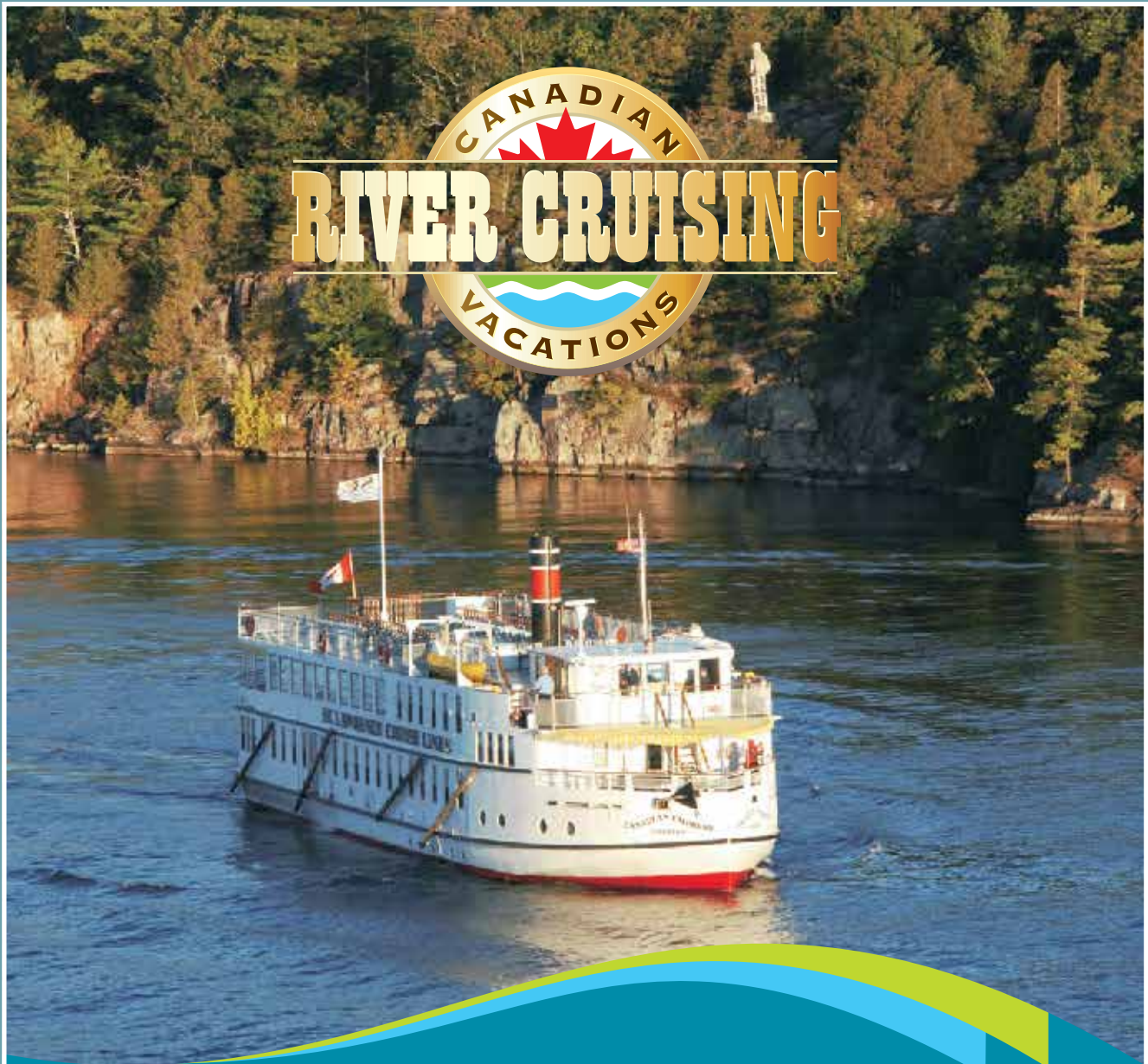
Best for advanced surfers: "The challenging wave conditions demand a certain level of expertise, making Lawrencetown Beach a haven for more advanced surfers."

Visit nearby: "After an unforgettable surf session, head to one of the quaint towns nearby for some classic Maritime hospitality. The picturesque landscapes surrounding the area, especially during sunrise, provide photographers with countless opportunities to capture Nova Scotia's raw beauty."

“Canada certainly has an abundance of exciting surf spots and, perhaps best of all, many can be enjoyed year-round”



Lennert catches a wave on Lake Ontario.



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What's Your Favourite...?

Doug Whitty of 13th Street Winery talks grapes, butter tarts and the Canadian artists you need to know

By *Truc Nguyen*



13th Street Winery co-owners Doug and Karen Whitty on the winery property; 13th Street's bakery is very popular with visitors.

IN 2022, 13TH STREET WINERY in St. Catharines—which also encompasses a farmhouse bistro, bakery and art gallery—was named the top winery in Ontario by the National Wine Awards of Canada. We talked to co-owner Doug Whitty about a few of his top picks when it comes to three of his true loves: wine, sweets and Canadian art.

What are your favourite grape varieties?

I like Gamay. It's extremely versatile and it's well adapted to our terroir, our climate and the soils we have here. I also like Riesling, Pinot Noir and Chardonnay. Pinot Noir and Chardonnay are important components to our traditional method sparkling wine program—and I really like sparkling wine.



Besides your own winery, what are your favourite places to grab a drink in the Niagara region?

In terms of wine quality right now, I would have to say one of my favourite wineries is Hidden Bench in Beamsville. They just won best winery in Canada—their Chardonnays are very good. There's also a little winery called King and Victoria in Vineland. It just opened this summer. They are very passionate about wine—they're doing a really good job, too.

13th Street Bakery is known for its butter tarts. Which one is the best?

The traditional one is the pecan butter tart. That's our best-selling butter tart and my personal favourite. But the raisin is very popular too and, believe it or not, the plain is very popular.

There's a contemporary fine art gallery and sculpture garden at the winery and you're clearly a big supporter of Canadian art. Tell us about the last piece of art you purchased.

The last piece of art we purchased was a Floyd Elzinga. He does a lot of his work with metal and he's just fantastic—and he's from Beamsville, Ontario. It's a beautiful capture of the spirit of Canada—the trees and the water and the mountains. **CAA**



The sculpture garden at 13th Street Gallery showcases Canadian art.

“

One of my favourite wineries is Hidden Bench in Beamsville. They just won best winery in Canada—their Chardonnays are very good

Creature Comfort

Here's how to track down ethical animal attractions that preserve and protect wildlife

By Vawn Himmelsbach

Illustration by Guilherme Henrique

IF YOU LOVE ANIMALS, the chance to swim with dolphins may seem like a dream vacation opportunity. But you might want to consider scratching that off your list.

From snorkelling with salmon in B.C. to gorilla trekking in Uganda, there's no shortage of exotic animal encounters being offered to entice travellers. Around 110 million people visit wildlife attractions each year, according to World Animal Protection, a global non-profit animal advocate, but it also notes that 75 percent of these venues have a negative impact on wild animals. Think ostrich rides and shark baiting. Often, animals have been snatched out of their natural habitat to become "props" for tourists, which can cause long-term harm.

"Many wild animals that are used for the tourism industry have endured severe trauma, like being removed from the mother at an early age, facing inhumane training methods and cosmetic alterations [such as] removal of teeth or claws," says Michèle Hamers, wildlife campaign manager for World Animal Protection Canada.

Animals in captivity can't engage in natural behaviours, often leading to boredom, frustration and stress, warns Hamers. That translates into abnormal behaviours, from pacing and self-harm—such as plucking out their own hair or feathers—to unnatural aggressiveness. "Other impacts are less visible, like PTSD and depression," she points out.

Unfortunately, there is no globally recognized body—nor any formal standards or certifications—that people can turn to for determining if a wildlife experience is ethical. However, they can watch out for these red flags suggested by World Animal Protection.

- Avoid venues where you can touch, hug, feed, take a selfie or closely interact with a wild animal (and yes, that includes swimming with dolphins).
- If a "sanctuary" sells, breeds or makes animals perform tricks, it's not an ethical operation.
- Be skeptical if operators "guarantee" an encounter with animals in the wild, which could mean animals are baited.

"Labels like 'sanctuary' and 'rescue centre' can be used by anyone, so people cannot rely on such descriptions," notes Hamers. The same red flags apply to wildlife voluntourism.



World Animal Protection provides tips on its website (worldanimalprotection.ca/take-action/animal-friendly-travel-tips) to help people determine if animals' basic needs are being met by the operator or venue.

Several groups are establishing volunteer or independent certifications to guide animal lovers looking for ethical ways to interact with wild animals. Whale Sense (whalesense.org)—sponsored by Whale and Dolphin Conservation and the National Oceanic and Atmospheric Administration—assists visitors to find whale-watching companies committed to responsible practices. The Global Federation of Animal Sanctuaries—which has accredited more than 200 sanctuaries, rescue facilities and rehabilitation centres—enables visitors to its website (sanctuaryfederation.org) to search by animal and region. And the World Wildlife Fund has teamed up with Natural Habitat Adventures on 90-plus conservation-based itineraries, searchable on its website (nathab.com).

While you won't be riding an elephant or taking selfies with koalas, the magic of an encounter with happy, healthy animals in their natural habitat is, after all, hard to beat. **CAA**



A CAA Travel Consultant can help you book trustworthy local attractions for your next vacation. Visit caaniagara.ca/travel to learn more.

Over Extended

Sales plays pushing extra warranties can be high-pressure, but most buyers should shy away

By Matt Bubbers

DO YOU NEED an extended warranty on your new vehicle?

The short answer is no. Sometimes, though, it feels like you do—especially if the salesperson is pushy.

Here's the usual scenario. Just when you think the deal for that new car is done, you'll be ushered into the dealership's business office, or something like that, where another salesperson will try to sell—among other things—an extended warranty.

"Just know it's coming, so don't be alarmed when it does," advises Ryan Peterson, manager of automotive services for the CAA Club Group. He's well acquainted with the inner workings of car dealerships, having spent more than 20 years as an employee at various dealers in both service and management roles before joining CAA.

Buyers should anticipate high-pressure sales tactics from reps in the business office. "Some of them will almost hold you hostage," Peterson warns. Dealer margins are typically thin, and offering extra products like warranties is one way to boost profits. Meanwhile, drivers are keeping their vehicles longer, and with an older vehicle comes the fear of expensive repairs. This makes buyers vulnerable to suggestion.

But consider this. Every new vehicle has a factory warranty included in the price. Extended warranties can provide longer-term coverage and can be optionally offered from the manufacturer or from third parties. As *The New York Times* reported in June, some of those third-party warranties can be okay, while others are bad and some are total scams. The cost of making repairs as they are needed very rarely exceeds the price of the extended warranty.



So, what's a car buyer to do? Consumer Reports doesn't recommend third-party warranties at all, period. Peterson's advice: "If you're a person who's fearful or worried about a big expensive repair, then maybe the mental calmness an extended warranty would bring is worth the money. Or, if you can't afford that sudden unexpected repair, then buy the factory extended warranty." For everyone else, extended warranties are usually not worth the cost. **CAA**

CAN THE DEALER CHANGE THE PRICE AFTER WE'VE AGREED ON IT?

In certain rare circumstances, yes, the dealer can change the price of a vehicle even after a contract is signed. (Be sure to read the fine print.) If, for example, a manufacturer stops building a certain trim level, a dealer may have to substitute a higher-end trim at a higher price. In that case, the buyer could back out and get the deposit back. But if there is no good reason for the sudden price hike, buyers should contact the manufacturer and the provincial regulator to report the dealer's improper behaviour.





The Best of Bermuda

A veteran traveller shares what keeps her coming back to this gem of a destination in the mid-Atlantic

By Vivian Vassos



(Opposite page) Bermuda's famous pink sands; (above) Hamilton Princess & Beach Club, a.k.a the Pink Palace.

WHEN I RECALL BERMUDA, I always think pink—the pink sand beaches, candy-floss-coloured houses and verdant gardens dotted with roses and fuchsias growing so close to the roadside that you can roll down the car window and almost touch them. I have rosy memories of all my trips to Britain's oldest overseas territory.

Bermuda was one of the first places I visited, solo, years ago, and I always feel safe there. On my second trip, I learned how to mix cocktails with the region's famous rum (more on that later). I then returned to sail around these coral islands on a catamaran. This year, I took time to dig a little deeper and learn more about Bermuda's origins. There's always more to bring me back here and it's not too far to visit. From Toronto, the flight to St. David's Island is just under three hours.

People may speak of Bermuda as if it's one island, but, in fact, it's an archipelago of strung-together islands, islets and other tiny rocks that span roughly 56 square kilometres. It may be small, but it's rich in culture, with a prosperous economy, complex history and lively arts community.

Here are some of my favourite things to see and do on—as locals lovingly call it—"The Rock."



HIT THE LINKS

Bermuda is a golfer's heaven with seven world-class courses, including the award-winning Port Royal, designed by the inimitable golf course architect Robert Trent Jones, Sr. The PGA's Butterfield Bermuda Championship tees off here in November. Most courses are public or run by hotels such as Tuckers Point Golf Club at the Rosewood or Turtle Hill at the Fairmont Southampton. All seven courses have spectacular ocean views and are open year-round.

Insider tip: Mid Ocean, consistently voted as one of the world's best courses, is private but opens a few coveted spots to the public on weekdays. Book a tee time far in advance.

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Bermuda may be small, but it's rich in culture, with a prosperous economy, complex history and lively arts community

CLIMB A LIGHTHOUSE

Gibbs Hill Lighthouse, among the oldest of cast-iron lighthouses on the planet, still beams out into the Atlantic, as it has been doing since 1846. If you're feeling fit, climb the 185 steps to the top and take in the views of the South Shore, Little Sound, the Royal Naval Dockyard and the skyline of Hamilton, Bermuda's capital.

Insider tip: The little door at the top leads to an outdoor walking platform with a 360-degree view.

LIVE ARTFULLY

Splurge and book a stay at the Hamilton Princess & Beach Club. This Fairmont-managed property—known locally as the Pink Palace—has been a mainstay in Bermuda since 1885. Mark Twain lounged on the veranda and held autograph signings in the hotel. Now, the Hamilton Princess includes an impressive gallery space with a collection of more than 300 pieces by some of the biggest names in modern and contemporary art. Visitors can get up close to major works by Warhol, Picasso, Koons, Kusama, Weiwei and Banksy.

Insider tip: A local gallerist leads a hotel art tour by request.

DINE AT AN INTRIGUING SPOT

After taking the art tour at the Pink Palace, head to its newly opened restaurant, Intrepid. This steak-and-seafood venue is directed by the deft hand of Antwan Ellis, who honed his craft at Shula's and Todd English in Orlando. Here, in Bermuda, American grill-meets-raw-bar in an elegant art deco-inspired space.

Intrepid was the code name for the Bermuda-based Second World War operative, Sir William Stephenson, a friend of author Sir Ian Fleming and rumored to be the inspiration for Fleming's famous character, James Bond.

Insider tip: If you order a martini, expect vodka, Lillet and an olive—a variation of Bond's cocktail in *Casino Royale*. Shaken, not stirred, of course.

LEARN FROM LOCALS

Enjoy a history lesson via Unchained on the Rock, a new initiative founded by locals Liana Nanang and Ajala Omodele—year-round talks, tours and workshops chronicling Black liberation and resistance. I met them at the Commissioner's House in the Dockyard, where their guided tour of the National Museum of Bermuda offered the perspective of the African diaspora and enslaved people of West Africa, the West Indies and Indigenous American peoples. Nanang, a descendant of enslaved Africans and Indigenous Americans brought to Bermuda, and Omodele read snippets



(This page)
Intrepid restaurant, at the Hamilton Princess hotel, features a faceted curve of panoramic windows overlooking Hamilton Harbour. (Opposite page) A view of the North Atlantic Ocean from atop Gibbs Hill Lighthouse.





(Opposite page, clockwise from top left) Port Royal's Ocean View Golf Course; the Dark 'n Stormy cocktail mixes dark rum and ginger beer; centuries-old stalactites at Crystal Caves; coral reefs fringing the historic town of St. George are part of a UNESCO World Heritage site. (This page) Bermuda's shallow reef system is easily accessible to snorkellers.

of their poetry as we walked the halls where their ancestors once toiled—a deeply moving experience that encouraged me to learn more.

Insider tip: Follow the island's African Diaspora Heritage Trail of more than 50 Sites of Memory, created as part of the UNESCO Slave Route Project, which shares the stories of enslaved people across the globe.

DIVE IN

Bermuda is great for snorkelling and diving year-round. I sailed to a near-perfect snorkelling spot at the Western Blue Cut, where several shipwrecks, caught in the shallow barrier reef, are easily spotted at a depth of less than nine metres.

Insider tip: April is Dive Month in Bermuda, when visibility of the coral reefs and the numerous shipwrecks is considered at its best.

SIP ISLAND RUM

I learned how to stir up a perfect Dark 'n Stormy cocktail with rum and ginger beer at Gosling's Rum Distillery in Hamilton. According to Gosling's, the recipe originated at a local ginger beer factory run as a subsidiary of the Royal Navy officers' club. It's said the name comes from a fisherman's observation that the dark drink looks like "the colour of a cloud only a fool or dead man would sail under."

Insider tip: Bermuda's other famous cocktail is the Rum Swizzle—you'll find different versions of this rum-and-citrus drink across the island, but I

recommend the one that claims to be the original, at The Swizzle Inn Pub.

TAKE IN THE LANDSCAPE

Walsingham Nature Reserve is a sort of a one-stop shop to take in Bermuda's most dazzling views. Blue-pooled grottos offer plenty of snorkelling and swimming options, and the hiking trails abound with flora and fauna. The famous Crystal Caves, with their luminous stalactites dripping above groves of stalagmites, provide a breathtaking respite from the heat of the day.

Insider tip: Rent a bike and tour the island at your own pace along the 29 kilometres of accessible trails of the Bermuda Railway Trail National Park. Tourists are not allowed to rent cars on the island, but rental electric mini-cars and scooters are available. Taxis and public transport are well organized and easily accessible. **CAA**

VIVIAN VASSOS is a lifestyle writer and editor with more than 25 years of experience in magazine and newspaper journalism. Her work has appeared in Traveller, The Globe and Mail, ZOOMER Magazine and Travelweek.



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Travel Goals

A father and son make winning memories on a footie-focused trip to London

By Michael Bettencourt

AS OUR CAR FROM Heathrow Airport approached the busy Wembley district of northwest London, my son Adrian and I watched the impressive 133-metre archway of Wembley Stadium come into view. I felt a tingle of anticipation for the historic football match we had come all the way from Toronto to see—Manchester City versus Manchester United, two teams that have dominated English football for the past 30 years, in the highly anticipated final game of the 2023 Football Association (FA) Challenge Cup.

This father-and-son trip was a promise I had made to Adrian during one of our many weekend mornings spent together watching English football (it's rarely called soccer in our household). His older brother, Julian—a passionate fan who's now pursuing a sports media career in university—and I had previously enjoyed a similar footie-focused trip to England, so it felt like a rite of passage for Adrian to experience a game at one of the meccas of international football.

I'm sure we were not the only Canadian family making the trip. Catching a football match has long been a popular activity for visitors to the United Kingdom, and attendance was already on the upswing pre-pandemic. The number of tourists who attended a match increased

from 900,000 in 2011 to 1.5 million in 2019, according to a VisitBritain report. The popularity of soccer is increasing in North America, likely fuelled by hit shows *Ted Lasso* and *Welcome to Wrexham* and Inter Miami's acquisition of all-time-great Lionel Messi. And fan numbers are bound to grow in the lead-up to the 2026 World Cup to be co-hosted by Canada, the U.S. and Mexico.

We were lucky to have scored tickets to this sold-out game, the first time in the FA Cup's 151-year history that rivals City and Man U were facing off in the final. It's also Wembley's 100th anniversary year—the massive 90,000-seat stadium was built in 1923 to support England's intense passion for football.

The day before the game, Adrian and I checked out some of London's many other famous soccer sights, eschewing more customary attractions such as Buckingham Palace and Piccadilly Circus. Emirates Stadium in central London was our first stop—home of the Arsenal football club—where we toured the field, dressing rooms, Directors Box, home dug-out and the museum and trophy room.

Next, we headed to Tottenham Hotspur Stadium in north London, the city's newest Premier League stadium where visitors can don a harness to walk across a transparent platform at the top of the

stadium, overlooking London and the pitch below. Adventurous fans can also opt to be lowered 42 metres to the pitch.

Stamford Bridge was our last stop. Home to Chelsea FC, one of London's biggest teams, this historical club offers one of the most popular stadium tours in Europe where fans can tour the museum and take pictures next to the pitch.

On game day, we set out early as advised. Local transport officials recommended separate routes for City and United fans travelling from Manchester to London—not just to reduce road congestion but to prevent flare-ups between rival fans at rest stops along the way.

Team loyalties burn deep and span generations in England. Although Manchester United once dominated the English Premier League, its last win was in 2013. Revered Man U coach Sir Alex Ferguson called City their annoying “noisy neighbours,” when City started winning regularly, and the moniker stuck as they continued to rack up titles in England—including Europe's coveted Champions League title in 2023. Excitement—and tensions—were clearly high for this match as we were about to find out.

“We can't let you in dressed like that,” said the security guard, gesturing at my son's bright red Manchester United scarf and matching jester cap. It stood out



(Clockwise from top) The 2023 Football Association Cup final game at Wembley Stadium; Chelsea artifacts on display at Stamford Bridge; views of Tottenham Hotspur Stadium from the Dare Skywalk; Arsenal's home dressing room in Emirates Stadium; Adrian and Michael kitted out in rivaling team colours outside Wembley Stadium.



beside the blue of my Manchester City jersey—and the blue gear worn by almost everyone else on that side of Wembley.

At home in Canada, a father-and-son duo dressed to support rival soccer teams can usually sit together with nothing more than a few disapproving glances. But in England, “Red Devils” and “Sky Blues” are separated by vacant stadium sections and teams of security guards. Luckily, Wembley Stadium has a whole outdoor shopping mall. With my son kitted out in a brand-new grey sweat-shirt, we were successfully admitted on try number two.

Once we reached our section, the deafening chants and drums of the Man City fans rang in our ears. Blue-and-white flags and banners waved around us. Thankfully, we reached our seats well before kickoff because City scored its first of goal within 12 seconds of the opening whistle, as fans in our section leapt out of their seats. Later, when Man U scored its one and only goal, Adrian resisted cheering and opted for a subtle leg-squeeze instead. But it made the experience no less exciting for him. The mood was exuberant, especially when Man City scored the winning goal.

After the game, I asked a security guard if my son could have a United flag. He located a manager, who retrieved one from the opposite end of the field but advised us to hide it under our City flags.

“Next time, we have to make it to Manchester,” said Adrian as we exited Wembley Stadium. “But we’re going to Old Trafford—and sitting in the red section.”

I don’t know how long this kind of quality time will continue with my younger son. But if the memories created by this trip extend our game time together, that’s a real win for both of us. **CAA**

MICHAEL BETTENCOURT has been a journalist for more than 20 years. He is co-author of a book on electric vehicles in Canada, to be published in 2024.

MORE GOTTA-SEE FOOTBALL STOPS IN ENGLAND



Etihad Stadium

Manchester

Two major global soccer powerhouse teams are located a 12-minute drive apart in Manchester. Fans can visit Man U’s iconic Old Trafford grounds and, in contrast, the city’s gleamingly new Etihad Stadium. Both offer tours, but Manchester City includes a virtual press conference with a hologram of its manager Pep Guardiola.



Anfield Stadium

Liverpool

Fierce Man U rivals, the Liverpool Football Club plays at Anfield Stadium. Tours take you past Liverpool’s famous “This is Anfield” sign and offer fans the chance to try a penalty kick or commentate on a big play. Hardcore football fans can also visit the nearby Goodison Park before Everton FC’s oldest pro stadium is closed for redevelopment.



Paved Court

Richmond

Ted Lasso may feature a fictional AFC Richmond team but was filmed in the real London suburb of Richmond, where fans frequent landmarks such as The Crown & Anchor pub (The Prince’s Head in real life) and Ted’s nearby charming pedestrian street (called Paved Court). Various walking tours are available, though Selhurst Park (used for most of the show’s stadium shots) is in the London Borough of Croydon.



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Game On

Three organizations are working hard to ensure that Canadian kids benefit from the power of play

By Claire Sibonney



(Above) Children playing double ball, a traditional Indigenous game, at a Spirit North community event. (Opposite page, from top) Fast and Female's annual Girl's Run in Canmore, Alta; Simon Mazi-Keep in his custom para hockey sledge.

ORGANIZED PHYSICAL activities are so much more than just fun and games. They help children get exercise, make friends, learn teamwork and improve self-esteem and mental health. Yet, according to the latest ParticipACTION Report Card on Physical Activity for Children and Youth, participation in organized sports programs is at its lowest level in nearly a decade.

Many kids in Canada miss out on sports because of financial hardship, gender and racial barriers and lack of access to sports leagues or school programs. That's where not-for-profit organizations pick up the ball. These inspiring charities work hard to ensure that kids aren't left sitting on the sidelines.

FAST AND FEMALE

Research shows that 94 percent of women who hold top management positions are former athletes. Sports teach collaboration and help girls build the confidence to become leaders. Yet, by the age of 16, one in three girls who play sports drop out, compared with one out of ten boys the same age.

Fast and Female is a Canadian charity that partners with local organizations to keep girls in the game. It runs events, mentorship programs and educational workshops for a wide range of sports, from cheer and running to wheelchair basketball. In Dartmouth, for example, Fast and Female paired up with the Mic Mac Amateur Aquatic Club for a Champ Chats event, which connected girls with women athletes and role models for a panel discussion, yoga session and physical activity circuit. And in Oro-Medonte, Ont., girls attended a Power Hour workshop led by local role models followed by an opportunity to cycle the trails at Hardwood Ski and Bike.

"Role models are at the heart of what we do," says

Gabriela Estrada, executive director of Fast and Female. The group's mentors include gold-medal professional athletes as well as doctors, firefighters, nurses and teachers, she notes, all geared to empower girls through sport and physical activity.

SPRIT NORTH

In the Nordic skiing world, Canadian Beckie Scott made history as the first North American woman to win an Olympic gold medal in cross-country. In recent years, the three-time Olympian, anti-doping advocate and Officer of the Order of Canada has shifted her attention to helping others succeed. In 2009, Scott established Spirit North, a national charitable organization that uses sports and physical activities to improve the health and well-being of Indigenous youth. She was inspired to create the non-profit after a stint as an ambassador for a small ski program in northern Alberta where all the participants were First Nation and Métis.

Scott saw how even such a short visit could impact children by inspiring them through sports. But it wasn't enough. "Hearing, at the end of the day, 'When are you coming back?' was a heartbreaker because you recognize that this is one of the only opportunities they get, and it's so unfair," says Scott. "We have this entire population of people living on the margins of society who just don't have the same access [to sports]."

Reaching 13,000 Indigenous youth in 105 communities across Canada, Spirit North's activities and programs range from canoeing in Alberta to snowshoeing in Manitoba to hiking in Saskatchewan. Spirit North also teams up with elders, family members, advisors and local educators in various communities to host festival days for kids. Currently, about half of the program's coaches are Indigenous and the goal is to double that with the help of the organization's mentorship and training programs.



Faced with the ever-rising costs of living, many families find themselves sidelining non-essential, yet enriching, activities like organized sports



NIAGARA YOUTH NEED SPORTS

When faced with the ever-rising costs of living, many families find themselves sidelining non-essential, yet enriching, activities like organized sports. This discouraging reality inspired Niagara Youth Sports (NYNS) in 2022, founded in memory of Brian Broley, a local Niagara businessman and ball hockey entrepreneur deeply invested in kids' sports. NYNS helps local youth access organized activities through various initiatives, including mentorship and financial resources—from providing brand-new lacrosse gear to funding registration fees for a synchronized figure skater.

Under the leadership of Kevin Liddiard, NYNS recently helped sponsor 14-year-old Simon Mazi-Keep, in Niagara, who is captain of the Brock Penguins wheelchair basketball team and is also on a sitting volleyball team. And in the past year, this young athlete joined the parasport Niagara Sledge Hockey League, as well as the Niagara Thunderblades. As a result, he is typically on the ice three to five hours a week.

"He was using a loaned sledge that did not fit his body size and was not fitted to him," says Liddiard. "Thanks to the generosity of our sponsors, we were able to purchase a new sledge that has been sized and modified to his build. It's moments like this that remind us that, together, we are making a difference."

Liddiard says the sports he played as a youth helped him foster discipline, learn important life lessons and build relationships with friends and family. His father was a community mentor and youth coach, and under his leadership, Liddiard's team won the All Ontario Lacrosse Championship in 1999—a memory that he and his friends still talk about to this day. "I am just trying to give back a portion of what was given to me." **CAA**

CLAIRE SIBONNEY is a freelance writer and editor whose work has appeared in National Geographic, Self, Teen Vogue, InStyle and other publications. She also teaches journalism at Centennial College.

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A Loving Cup

Third Space Café serves up a generous helping of social good

By Alison LaMantia | Photograph by Jason Haywood

AT FIRST GLANCE, Third Space Café in downtown Niagara Falls might seem like an ordinary coffee shop—replete with local art on display and a comfortable, welcoming buzz—but it’s far from typical. The non-profit coffee shop finds ways to do good through every detail in its operations, from sourcing local ingredients and hiring individuals who face barriers to employment, to offering a free breakfast to anyone in need.

“Some of the staff say this is the best place where they’ve worked. I love hearing that,” says executive director Lisa VanderKlippe, who was a café customer before joining the non-profit’s board of directors. “Guests tell us that coming [here] gives them a better start to their day.”

That better start is especially important these days. When she came on board in 2021, there were about 28 guests for the free breakfast each morning. This past summer, the café served close to 80 people daily. According to VanderKlippe, many of the people who come for breakfast have been priced out of stable housing or have been forced to choose between paying rent or buying food. “Coming for breakfast allows them to stay in their apartment,” she explains.

Thankfully, Third Space has enough food to go around. The Bridge, a service-focused Niagara Falls-based faith group, supports the breakfast initiative with fundraising and volunteers. Egg Farmers of Ontario provides the eggs, and the Niagara Falls Convention Centre donates surplus food from its kitchen.

But the café isn’t just for people in need. It’s popular with locals and tourists, who stop by regularly for delicious artisanal sandwiches, hand-rolled bagels from local bakery Simple Simon’s Buns, coffee made from ethically sourced beans from



Lisa VanderKlippe was a Third Space Café patron before becoming executive director of the non-profit’s board.

Black Sheep Coffee Roasters in nearby Welland—and, of course, for the social ambience. “One of the staff from City Hall was a big supporter of ours and always came for coffee, so we did a little retirement party for him,” says VanderKlippe. “We like to be there in those special moments of people’s lives.”

The concept of “third space”—conceived by the late American urban sociologist Ray Oldenburg—refers to the idea that while home is the “first space” and work is the second, where we spend much of our time, the “third space” has a vital function as a place where people can gather and connect with one another. So, Third Space Café isn’t just about bringing folks together for a great cup of coffee—it’s about the collective social good.

“When you see people who don’t have as much support, and then you provide more support and you see how much better they’re doing,” says VanderKlippe, “it’s so worth it.” **CAA**

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We like to
be there
in those
special
moments
of people’s
lives



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Rolling into Winter



How to make sure your vehicle is ready for the chilly season

By Benjamin Yong

Illustrations by Jason Ford

WINTER PRESENTS ITS OWN UNIQUE set of challenges when it comes to the safety and security of your vehicle’s occupants, as well as the protection and maintenance of the vehicle itself. And because weather conditions can shift suddenly in wintertime, being prepared is paramount.

As for winterizing your vehicle, the most important thing is regular maintenance year-round, according to Ryan Peterson, manager of automotive services for CAA Club Group (CCG). “If you follow your owner’s manual regularly, you need not worry about the seasons. And if you haven’t had the car checked out thoroughly by a mechanic in a year or more, go do it!”

How you prepare for winter depends on your driving habits and weather conditions. If you hardly leave the city, you won’t need to plan the same way as someone who drives 1,000 kilometres through wilderness. But either way, don’t allow winter to catch you by surprise.

PRE-WINTER PREP

Ensure that your vehicle is in top shape and will make it through the winter without leaving you stranded.

“Have your mechanic put your vehicle up on the hoist, pull the wheels off and check the brakes, suspension, belts, hoses, fluids,” says Peterson. “You want to catch problems now because components, as they wear, become more brittle when the mercury drops.”

Mechanics designated by CAA’s Approved Auto Repair Services™ (AARS) program perform a 139-point inspection and road test and provide a comprehensive report. Or ask your trusted mechanic to do a thorough mechanical inspection ranking the urgency of repairs.

Rustproofing is a good idea to protect against salt damage. Try to get this done before winter sets in. Treating your vehicle in advance allows the rustproofing product to settle into the crevices and seams where corrosion initially builds up.

WHAT TO WATCH FOR

A regular visual once-over is one of the best ways to catch an issue before it becomes a problem—you can actually do this every day before you drive out. This is important year-round and even more so in winter.

“Keep your eyes open for little things, like a leak on the driveway when you’re pulling out,” says Peterson. “It’s the same thing with tires. When you walk up to the car, be mindful of whether one tire looks low in pressure compared to the other tires. Look for any kind of cracking or cuts that can often happen from sidewall damage due to potholes.”

Peterson suggests changing your wipers once a year. That way, you won’t have to deal with a sudden malfunction at an inopportune time. If you regularly drive in extreme ice-and-snow conditions, consider winter wipers, which are made with sturdier frames and thicker rubber.

Check fluid levels at least every two months, year-round, and have on hand a bottle of windshield cleaner rated for extreme cold.



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Winter tires yield up to 50 percent better traction in snow-and-ice conditions



TIRE CARE

Because tires lose about one PSI of pressure for every 5°C drop, make it a habit to measure pressure frequently—including the spare tire. Be careful not to over- or underinflate, which can cause premature wear and negatively impact performance.

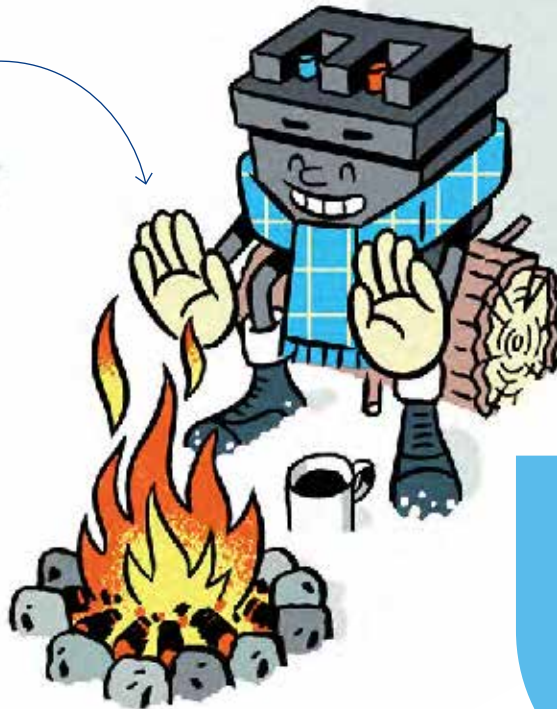
Winter tires yield up to 50 percent better traction in snow-and-ice conditions. Look for the three-peak mountain snowflake (3PMSF) symbol on the sidewall indicating the tire passed specific medium-packed-snow testing standards.

When considering what tires to buy, Peterson advises making sure the load and speed rating matches the manufacturer’s specs. “Never go under that. You can go above, but you can’t go below. It’s especially important with an EV.” Electric vehicles tend to be much heavier and produce high, instant torque, so the rubber has to be able to meet the tougher demands.

BATTERY CARE

Have your battery checked to ensure it's operating at full capacity, especially if it's more than three years old. When the temperature is below approximately -20°C, battery voltage drops significantly. If your local temperature is regularly below -15°C or thereabouts, consider a block heater, says Peterson. It will warm the engine and oil, so the battery doesn't have to work as hard at start-up. (If you already have a block heater, make sure the cord is in good shape and hasn't been chewed by rodents.)

An EV's battery pack exhibits similar decreases in output in cold environments (for more information on this, see page 33). When the vehicle is plugged in, activating the preconditioning function (if available) heats the battery, allowing it to operate more efficiently, and results in decreased range loss. This preconditioning will also bring the vehicle's interior to a comfortable temperature and result in less strain on the battery.



CAA Battery Service
 Members receive no-charge battery testing. Visit caaniagara.ca/mobilebattery for details.

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A block heater warms the engine and oil, so the battery doesn't have to work as hard at start-up



SAFETY ON BOARD

Being ready for any scenario is critical, says Nadia Matos, manager of external communications for CAA South Central Ontario. “Stocking your vehicle with winter gear and essentials ahead of time goes a long way in ensuring that no matter what you encounter, you are prepared.”

CCG’s Peterson keeps a winter safety box in his garage, ready to put in the back of his vehicle each season. What you pack in your box will be determined by how far you are travelling and the types of roads you will be travelling on, as well as their level of remoteness. “If you run out of gas, you’re going to get very cold very fast,” he warns. “And we [at CAA] will do everything imaginable to get to you as fast as possible, but if it’s minus 40, there may be delays. You need to make sure you’re safe.”

Here’s what to pack in your vehicle’s winter safety box.

Basic items

- snow brush, ice scraper and shovel
- vehicle owner’s manual
- CAA Roadside Assistance contact information
- windshield fluid (extreme-cold-rated)
- cables and/or booster pack

Emergency essentials

- first aid kit
- lighter and/or matches
- pencil and notebook
- flashlight with extra batteries
- drinking water and food (protein bars, etc.)
- flares, warning triangles or reflectors

Extreme-emergency items

- power bank and cords for charging phones
- hand-crank radio and hand-crank charger
- sleeping bag(s), blanket, boots, hats, mittens (for each passenger)
- freeze-dried meals and fresh water
- mini camp stove (high-tech canister system)
- tarp or cardboard to lay on ice/snow while changing a tire or working outside the vehicle **CAA**

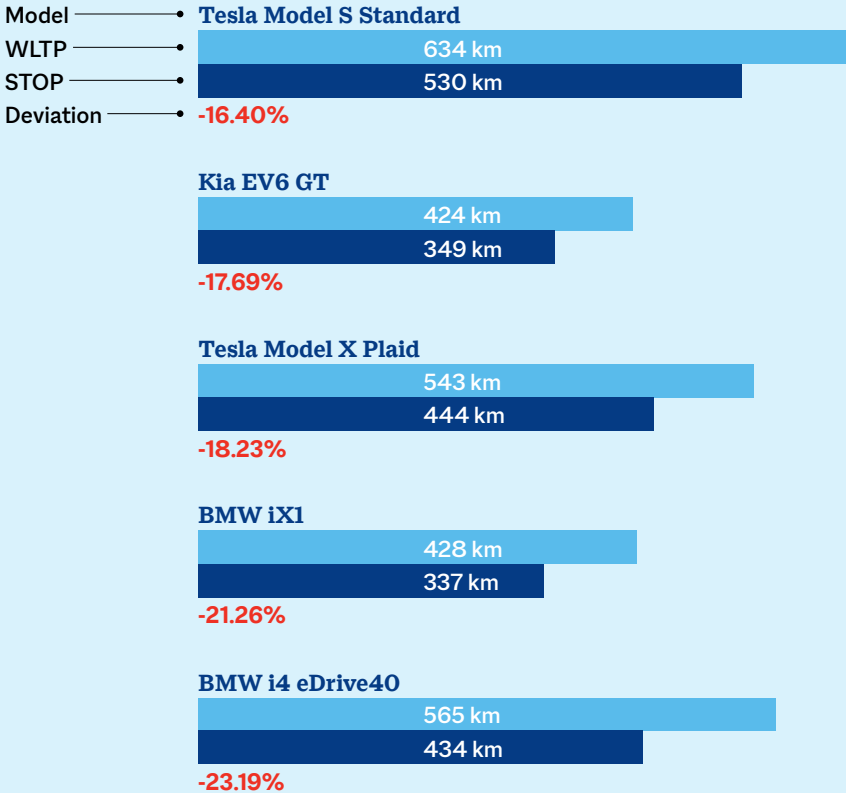
SNOW, ICE AND EVs

Real-world conditions reveal cold facts about EV battery range

Twice a year, the world’s largest EV range test is conducted jointly by the Norwegian Automobile Federation (NAF) and the digital automotive *Motor Magazine* (motor.no). Their most recent winter evaluation took place over two days in February 2023 with 29 of the most recent EV models. Each vehicle was driven up to 110 km/h on the same test route—a mix of city, mountain and highway roads. Temperatures ranged between 0°C and -10°C.

None of the vehicles met the advertised range parameters. In Europe, these are determined using the Worldwide Harmonized Light Vehicles Test Procedure (WLTP)—a global standard that measures the levels of pollutants, CO2 emissions and the fuel consumption of traditional and hybrid cars, as well as fully electric vehicles.

In the following chart, STOP indicates the distance each EV travelled before running out of power.



With battery technology continuing to advance, these numbers should continue to improve. However, some range or power loss will always be a given, if you drive in colder regions. Still, EVs have a built-in advantage over gas-powered engines, Peterson points out. “Even at minus 50, an EV still works. You have almost instant heat, and it always works. You just lose some range.”

SPONSORED

BREAK THE ICE

Get your vehicle winter-ready with WeatherTech®

By Alexis Ramlall

Set yourself up for success on the road this season and prepare your car before the snow falls.

Tires

All-season tires are no match for Canadian winters. Winter tires, made with a specially formulated rubber composition to stay soft and pliable in freezing temperatures provide the right amount of traction, braking and handling with their tread depth and pattern grooves so you can take on the icy roads and slippery slush.

Windshield Wipers

Visibility on the road is important all-year round, but especially in winter when dark, cloudy or snowy conditions are common. Once your wiper blades start to create streaks on your windshield, it's time to replace them.

Batteries and Charging System

Low temperatures can impact your vehicle's battery, while heaters and defrosters put stress on the charging system. Avoid needing a boost this winter by getting both inspected.

Interior Protection

When winter is all said and done, cleaning your vehicle's carpets can be a tough task. Investing in quality floor protection can lighten the load by preventing road salt stains and potential mold growth caused by soaked carpets. Protect the floor of your vehicle with the laser measured WeatherTech® FloorLiner™ or FloorLiner™ HP.

Made from a durable high-density material, the FloorLiner™ is compatible with the vehicle's existing floor mat retention hooks. It also features channels that redirect ice, slush and melted snow into a lower reservoir, minimizing fluid movement and keeping your boots dry. The FloorLiner™ HP offers the same features and protection as the original FloorLiner™, but it's made from a softer rubber-like material and includes anti-skid nibs on the bottom to help further minimize movement. The Cargo Liner offers similar protection to your trunk's interior, and features a textured finish to keep cargo from shifting.

All FloorLiners and Cargo Liners are laser-measured to give you the perfect fit and have a lifetime warranty to protect your car's interior carpet through even the harshest of weather conditions.

Ready for Winter? Prepare your car for the season and visit WeatherTech.ca to find your fit.

WeatherTech®



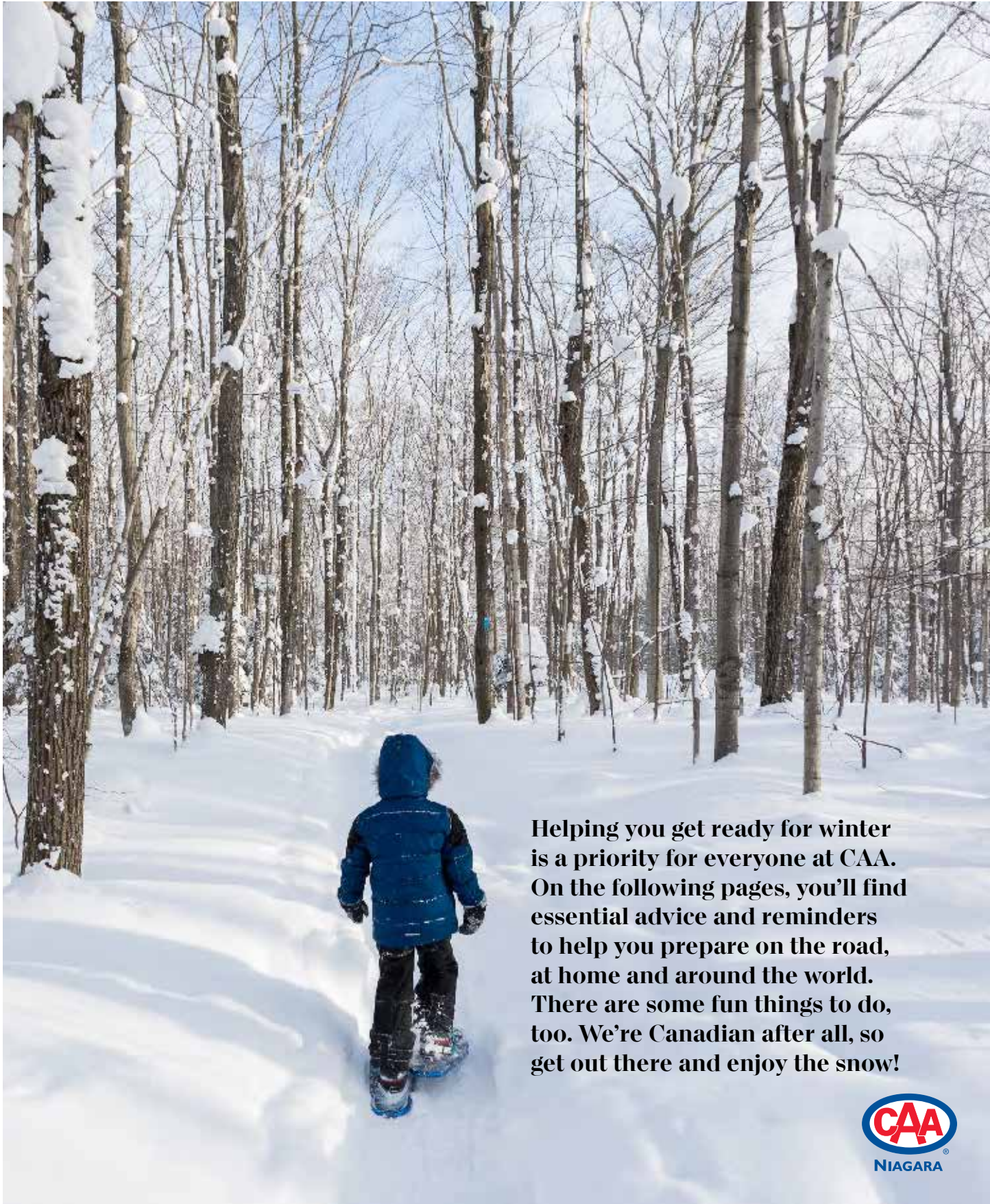
FLOORLINER™



FLOORLINER™ HP



CARGO LINER



Helping you get ready for winter is a priority for everyone at CAA. On the following pages, you'll find essential advice and reminders to help you prepare on the road, at home and around the world. There are some fun things to do, too. We're Canadian after all, so get out there and enjoy the snow!

Safe on the Road

Keep these tips top-of-mind before you take to the road this season | *By Alexis Ramlall*

AS COOLER TEMPERATURES SETTLE IN, the days get shorter, weather conditions worsen and visibility decreases. Road safety is everyone's responsibility—drivers, cyclists and pedestrians alike—especially in the winter, when great

care and caution should be practised while you're out on the road. Whether you're driving, walking or cycling, here are some essential tips to follow this winter.



Drivers

- **Light the way.** Drivers and motorcyclists should use their full lighting system 30 minutes before sunset and sunrise, and in low-visibility conditions.
- **Be on the lookout.** Watch for pedestrians crossing the road and yield to them at crosswalks, school crossings and crossovers.
- **Keep an eye out.** Mind your blind spots when making turns at intersections.
- **Stay focused.** Minimize distractions, reduce your speed and obey speed limits, especially in residential neighbourhoods.
- **Be courteous.** Exercise caution around pedestrians with mobility needs that may require more time for them to cross the road.
- **Apply the brakes.** All vehicles should come to a full and complete stop at red lights and stop signs.

Cyclists

- **Prioritize visibility.** Cyclists should wear bright or reflective clothing for extra visibility.
- **Lights on.** Similar to drivers, cyclists should also have the proper lighting on their bikes half an hour before sunset and sunrise, as well as when it's dark, foggy or cloudy.
- **Stay in your lane.** Cyclists should stay within bike lanes whenever possible and come to a full and complete stop at red lights and stop signs.
- **Sharing is caring.** Be aware of other commuters, public transit buses and vehicles that may stop frequently.

Pedestrians

- **Stay in your place.** Sidewalks are a designated safe space for pedestrians. If there's no sidewalk, walk on the far-left side of the road.
- **Be alert.** Always be aware of your surroundings and avoid distractions, like using your phone or wearing headphones, while crossing the street.
- **Follow the flow.** Pay attention to pedestrian signals and cross the road only at designated locations or marked crosswalks.
- **Triple-check.** Stop, listen and look both ways before crossing and ensure that all traffic has come to a complete stop before crossing the street.
- **Be visible.** Make eye contact with other road users before you cross. Never assume that drivers can see you or know your intentions. Pedestrians should wear bright or reflective clothing and/or accessories at night to improve their visibility.

Visit caaniagara.ca/road-safety/winter-driving to learn more.



The Truths About Cannabis and Driving

WHETHER IT'S SMOKING WEED AT A HOLIDAY PARTY or cozing up on the couch with some edibles, lots of folks may indulge in a little cannabis this time of year. It's important to never get behind the wheel after using cannabis.

"Driving while under the influence of cannabis can affect your coordination, reaction time, decision-making abilities and ability to concentrate and judge distances," says Marrienne Wilson, Vice President of Marketing, Strategy and Member Engagement at CAA Niagara. It can lead to serious consequences, from immediate license suspension and financial penalties to vehicle impoundment, a criminal record or even jail time.

This is why it's crucial to plan ahead. Arrange for a designated driver or call a friend to pick you up. Another great option: CAA's free Drive You Home program.

"The Member and their vehicle will be towed up to 25 kilometres from their location in any direction, within the Niagara Region," Jarvis says. Members get one free ride per membership year, subject to availability. "Our Members' safety is always our main goal. If our Members ever find themselves in a situation where they should not get behind the wheel in order to help ensure their own safety and the safety of others, we will be there to help."

DISCLAIMER

Calls will be prioritized the same way as other service calls, with priority placed on the evidence of any immediate safety concerns. If long waiting periods are necessitated by inclement weather conditions, the Member will be notified and offered alternate suggestions, like taking a cab home and arranging a tow for the next day. Only one Member and their car get taken home. We will assist any individuals accompanying the Member to find other means of transportation (i.e., taxi). CAA Drive You Home may not be available in all club regions.



The Fight for Flights

How airports stand up to winter storms—and what you can do

THERE'S NOT MUCH WORSE than inclement weather stalling flight plans. Winter-storm delays may feel chaotic, but there's actually a lot going on behind the scenes at airports to ensure travellers get on their way. Here's what airport staff do to keep trips running as smoothly as possible, even when Mother Nature has other weather plans.



ACE THE PRE-GAME

Airport authorities typically produce a dedicated winter-maintenance plan that outlines exactly how snow and ice removal will be coordinated with numerous agencies.



POWER UP THE STAFF

Airports typically hire additional seasonal equipment operators between November and April and moves to a 24-hour, around-the-clock shift schedule to be ready for winter weather.



PROTECT THE SURFACES

Keeping the runways clear is paramount. Every airport authority is responsible for ensuring that runways are cleared for takeoff and landing, taxiways and aprons are clear to allow planes and equipment to move freely, and roads and sidewalks are clear, so passengers can get to and from the airport safely.

WINTER TRAVEL TIPS

- 1 Extra time is your friend. Whenever possible, give yourself a buffer during the winter travel season.
- 2 Want a little extra support during your winter travels? Book through CAA and keep their contact information on you during your entire trip. CAA staff will be there through thick and thin to ensure that everything runs smoothly, whether it's a short trip or a lengthier vacation.
- 3 The Air Passenger Protection Regulations can offer you some coverage if you experience a flight delay. If your travel plans get derailed, speak with the airline representative at the airport to see where everything stands at that moment and then relay that information to your CAA Travel Consultant.

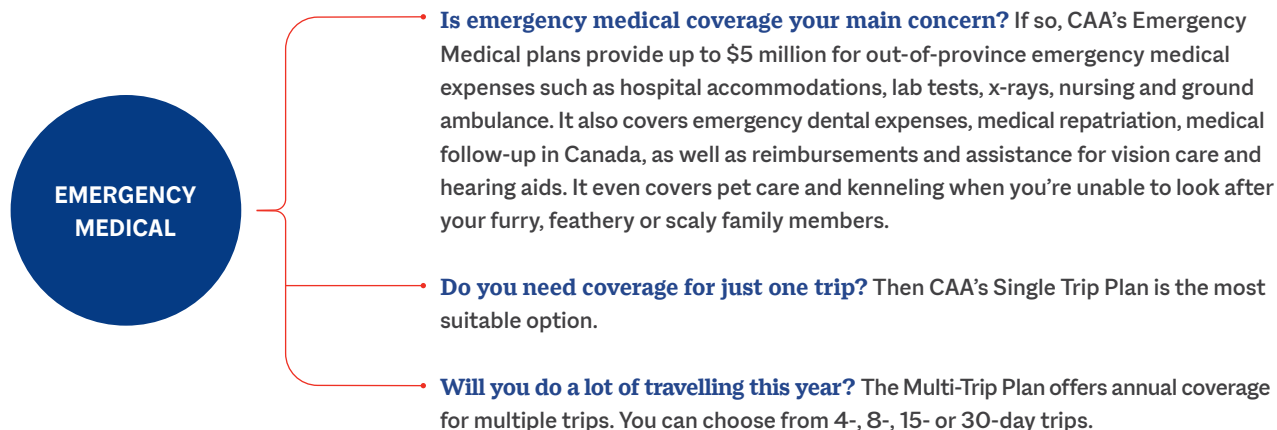
Learn more at caaniagara.ca/travel and caa.ca/your-rights/air-passenger-rights

Insuring the Best Trip

What travel insurance is right for you?

NOBODY WANTS TO THINK ABOUT ACCIDENTS, illness, or other unpleasant disruptions while they're on vacation or travelling on business. Unfortunately, these things can happen. But when you are away from home, having the right insurance coverage gives you the peace of mind to focus on the pleasures of travel.

To help you decide which CAA Travel Insurance* best covers your needs, consider these questions.



TRIP CANCELLATION AND INTERRUPTION PLANS

Do you already have medical insurance but want coverage if events such as a family illness, bad weather or other emergencies force you to cancel or change your travel plans? If that's the case, CAA Trip Cancellation and Interruptions insurance covers you for travel expenses as well as costs associated with lost or delayed luggage.

VACATION PACKAGE PLAN

Are you looking for coverage for medical emergencies as well as trip cancellation and interruptions? Then the Deluxe Holiday plan is your best option, providing you with the same coverage as the Emergency Medical plan along with the benefits of Trip Cancellation or Interruption.

TOP-UP AND EXTENSION PLANS

Do you already have travel insurance through another source and just need additional coverage? CAA has top-up and extension plans to increase and extend your coverage.

VISITORS TO CANADA

Are you visiting Canada or want to get coverage for visiting family members? Have you recently moved to Ontario from outside the country and are not yet eligible for provincial health coverage? CAA's Visitors to Canada plan provides emergency medical coverage.

By choosing the coverage that suits you best, you can relax and enjoy your journey knowing that CAA has got your back.

Visit caaniagara.ca/insurance/travel for more information.

*CAA Travel Insurance is underwritten by Orion Travel Insurance Company, a CAA Company. Certain exclusions, limitations and restrictions apply.

All Over the Shop

Holiday shopping made easy—with the CAA Store | *By Briony Smith*

BUDGETS ARE TIGHT THIS YEAR FOR MANY CANADIANS. But there are many ways to stretch a dollar come holiday season—and still get something for everyone on your list. CAA Members get discounts or earn CAA Dollars® when shopping at these CAA Rewards® Partners below.



For the auto enthusiast

Stoke supercar dreams with a subscription to *Vicarious Magazine*, which showcases the latest hot cars and motorcycles alongside jaw-dropping global driving adventures. Save 25% on a one-year subscription. Visit vicariousmag.com and enter promo code CAA25OFF at checkout.



For the beauty queen A little something on French skin care is a perfect present for a self-care maven. Stock up on Sephora and Vichy Laboratories goodies to keep their skin looking A+ all winter long. Earn 5% in CAA Dollars for every Sephora purchase, and 8% for Vichy Laboratories. Visit portal.caarewards.ca/Niagara and find the vendor you're interested in. Then select the Shop Now button and enter your CAA Membership number to be redirected to the shopping site.

For the growing family Animal-loving families can create treasured memories together with tickets to the Toronto Zoo. (Don't forget to check out the brand-new outdoor orangutan habitat!) Save 10% on in-person admission. Valid CAA Membership must be presented at the gate at time of purchase.



For the wine connoisseur The Rosewood Estates Winery makes for a beautiful outing—and a tasting makes for a great gift. CAA members can purchase one wine tasting and get a second at 50% off. Just show your card at the winery.



For the interior designer From gorgeous wall decor and mirrors to lighting, curtains and greenery, Bouclair stocks everything for a stylish home. Save 5% on in-store purchases.



For the significant other deservng of a staycation Treat your beloved to a little getaway to the Ritz-Carlton, where they can be pampered with delicious food, sumptuous spa treatments and world-class service. Save 5% or more and earn Marriott Bonvoy points when you select the CAA rate. Book via portal.caarewards.ca/Niagara.

For the sports lover Calhoun can help you score the perfect gift for the sports fans in your life with their collection of licensed NHL, MLB, NBA, NFL and Ice Dog merchandise. CAA members receive 10% off their regular price purchase when they visit Calhoun Retail store in St. Catharines.



Visit caaniagara.ca/rewards and use your CAA Membership to save on your purchase or earn CAA Dollars®.





Give the gift of CAA

A CAA Membership is the gift that keeps on giving – all year long!

From hotel savings and insurance discounts to Member-exclusive pricing on movie passes, attraction tickets, and more. Purchase a gift membership today and we will waive the enrollment fee (value \$15).

Stop by your nearest CAA Niagara Branch or simply visit our website:

caaniagara.ca/gift

The Gift Everyone (Actually) Wants



EVERYONE HAS ONE—that person who you never know what to get. Thankfully, there's always one fail-proof we can all turn to—the gift card. And CAA has you covered this holiday season with a cornucopia of gift card options.

CAA offers gift cards for a wide range of grocery stores and restaurants, including like Boston Pizza, COBS Bread, Antipastos and Sobeys, along with the Ultimate Dining gift card that can be used at hundreds of places, from Swiss Chalet and Eastside Mario's to Ontario favourites like The Burger's Priest and Fresh. Plus, CAA is always adding new partners, so anticipate more options in future.

Even better, you get a little treat for yourself when you buy a gift card. CAA members who pick up a gift card at a CAA Niagara location receive 5% of the value back to their CAA Membership account in the form of CAA Dollars®. You can redeem those Dollars perhaps toward paying for your CAA Niagara Membership or buying luggage and travel accessories at CAA locations. You can even buy them for yourself, says Vanessa Friday, Associate Director, Member Experience, at CAA Niagara. "It's a great way to build rewards dollars. Everybody needs to buy groceries."

Visit caaniagara.ca/gift-cards to discover more.



Shop Local with CAA this Holiday Season

LOOKING FOR THE PERFECT GIFT for everyone on your list? CAA makes it easy to shop local for all your loved ones. This past spring, we opened the Community Retail Space in our new branch at the Pen Centre.

This venue features lovely handmade wares from 15 local artisans. No matter who you're shopping for, there are plenty of options—from candles, essential oils and soaps to décor, clothing and leather goods.

Even better, CAA Members get 15% off all purchases—and all proceeds go to the vendors. “People are always asking what is in it for us, since we provide a free space for them. Our only ask is that they give Members 15% off their purchases,” says Shanna Jarvis, Associate Director of Marketing with CAA Niagara. “We recognize the important role we can play in giving back and improving our community and this is one way to help support local small businesses. We do it because community is at the heart of everything we do.”

Fur Sure

Winter tips to protect your pets

OUR FURRY FAMILY MEMBERS bring so much joy to our lives, but can, just like our human kids, get into a little trouble. To cope with wintertime's own set of pet-related challenges, here's a cheat sheet to help you avoid any extra visits to the vet.

1 Keep holiday treats and accessories out of reach Store human food away from pets. And avoid the temptation to give them leftovers as “treats”—rich food can cause pancreatitis!

2 Make sure they stay hydrated Pets need as much water in winter as they do in the summertime. Ensure that they drink plenty of water or consume enough wet food.

3 Safeguard their paws Protect your dog's paws from road salt by outfitting them with booties or applying paw balm as needed.

4 Monitor time spent outside Some dog breeds are better at handling the cold than others. Monitor your pet closely for signs of discomfort when outdoors.

5 Check your engine Cats that go outdoors may opt to cozy up to your vehicle's engine in search of a warm spot in wintertime. Bang on the hood before you start your car.

6 Watch out for anti-freeze Antifreeze tastes sweet but is highly toxic to pets, so mop up any spills and leaks.

7 Pet-proof your Christmas tree Skip any food-based ornaments, like popcorn garlands, and make sure anything breakable is firmly attached and high up on the tree. Vacuum fallen needles right away from fresh tree and cover the water reservoir.

PROVIDE EXTRA PROTECTION

Opt for peace of mind this winter. Pick the right insurance plan to cover pet-care costs.

“The costs of vet bills are rising in Canada, in part because of rising prices for pharmaceuticals and expensive costs for the latest technologies and medical equipment,” says Daniela Escobar, an insurance product manager at CAA. “A pet insurance policy is a great way to help you manage unexpected costs. If your pet becomes ill or has an accident, you can focus on the right medical attention rather than a big hit to your budget.”

CAA Members receive a 12-percent discount on Pet Plus Us pet insurance plans, which include coverage for exam fees and taxes and offers customizable deductible and reimbursement options. If you choose to add FlexCare* to an eligible product, you can even get help paying for routine, wellness and dental care. Get a quote online or call 1-833-323-2455 to speak with a Pets Plus Us customer care representative.

All pet insurance plans have limitations and exclusions. For information on all terms and conditions, visit Brochures and Guides (petsplusus.com/service-claims/brochures-guides). *FlexCare not available in Quebec. © 2023 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.





**Adulthood is hard.
We make it easy.**

Help protect your fur babies from life's unexpected events. With CAA Niagara and Pets Plus Us Pet Insurance, you can select the coverage that works for your pets' needs and save 12%.*

caaniagara.ca/insurance/pet

*All Pet Insurance plans have limitations and exclusions.

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Get a Quote



GET READY FOR WINTER



Fuel Up Faster with the Shell App

Save on fuel and pay from your phone by using Shell EasyPay™ in the Shell app. You can even use it to locate nearby Shell stations and buy and store codes to activate the car wash - no need to hold onto paper receipts!

How it works:

- 1** Download the Shell App and create an account on your mobile device.
- 2** Add your CAA Membership number and your payment details.
- 3** Tap 'Pay at the Pump' to automatically save on fuel purchases.

caaniagara.ca/shell

*Conditions Apply. Visit website for details.

Thai One On

Glorious beaches, opulent palaces, great food and hiking options... | *By Briony Smith*

GORGEOUS BEACHES, tropical rainforests, majestic palaces, glorious cuisine—Thailand has all kinds of adventure for every kind of traveller. “Thailand is popular because of the beaches, the culture, the history and the food,” says Lois Sarkisian, CAA Niagara’s group tours manager.

CAA’s partnership with G-Adventures offers a once-in-a-lifetime trip (Nov. 10-24, 2024) that Members can book right now. It coincides with the magical floating lantern festival, which takes place just one night each year and is just one of the many splendid sights that await in Thailand. Here are some highlights and wonderful experiences awaiting you in Thailand.

Love big-city bustle? Get ready for Bangkok

Travellers flock to this vibrant metropolis for its active night-life, topnotch street food and beautiful palaces. On Khao San Road, food stalls offer delicious local specialties, such as grilled-pork skewers and papaya salad. Wander the sprawling grounds of the Grand Palace to take in the ornate gold architecture and statuary at the Temple of the Emerald Buddha. (Just remember to pack longer pants and sleeved shirts, as modest attire is required for entry into Thai temples.)



Love going out? Get ready for Ko Samui

Packed with fantastic beach bars, Koh Samui is the place for a fun night out (just north of it is Koh Phangan with its renowned full-moon parties). Bar-hop for tropical cocktails in the day time and, come nightfall, marvel at the fire show that lights up the beach. Opt for the crystal-clear waters of pristine Chaweng Beach the next day and recharge with a refreshing swim as you hit the south end for peace and quiet.



Love a tropical paradise? Get ready for Krabi and Khao Sok

Kick back and relax on the shimmering white sands of Krabi, one of the country’s most beloved beaches. A visit to a Krabi village might include a chat with the locals about their ancient artisanal traditions. Khao Sok is where visitors can hike through virgin rainforest—and perhaps spot a monkey or two.

Love great food? Get ready for Chiang Mai

This northern Thai city is renowned for its cooking classes and the Night Bazaar, filled with food stalls purveying local delights—say, *khao soi* (noodles in coconut curry broth) and *sai oua* (northern Thai sausage)—to energize you for a day of hiking and exploring the mountaintop golden temple Wat Phra Doi Suthep (just save your strength for the 306 stairs to the top!). Tip: Go earlier in the day to avoid the crowds.



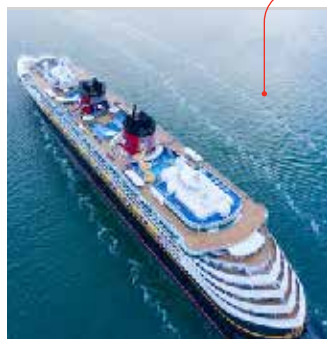
Contact a CAA Travel Consultant at **905 984 8585** to book your trip today.

Disney Delights

One Magic Kingdom, four magical adventures | *By Briony Smith*

THERE'S A DISNEY TRIP FOR YOU and your family, no matter your holiday mood. "I love that Disney offers something for everyone," says CAA Niagara travel consultant Dayna Guay, who specializes in Disney destinations. "From the thrill of the theme parks to the relaxation of the cruises, from the explorations of Adventures by Disney to the serenity of Disney Aulani, there truly is a Disney vacation for any age."

A trip to Disney, whether by land or by sea, is a magical journey from start to finish, according to Guay. "With so many exciting new updates happening across all of their brands, a Disney vacation this winter is the best way to beat those winter blues and experience all the magic Disney has to offer."



Love a little whimsy?

Try Disney theme parks

"Disney theme parks have the latest and greatest technology for attractions and shows that bring childhood characters to life through immersive storytelling," Guay notes. "They transport you to worlds beyond your wildest dreams and imagination." Each theme park is unique, so you can pick the one that matches your family best. There's whimsy at the Magic Kingdom, a worldly theme at Epcot, wondrous sights at Hollywood Studios, and it gets a little wild at Animal Kingdom. And because the parks are all in Florida, you can count on gorgeous weather!

Love a nautical adventure?

Try Disney Cruises

Do your kids have a favourite Disney character? They can go on a cruise with their fave. Each Disney Cruise ship features its own Disney character that brings a special touch to your family's high-seas journey. Anticipate plenty of onboard entertainment and diversions—live shows and fireworks, restaurants and nightclubs, pools and water slides, and even a visit to a private island.

Love tropical locales?

Try Aulani: A Disney Resort and Spa

"This resort is unique in that it offers family fun and surprises at every turn," Guay says. There are special appearances by beloved Disney characters—including Duffy and Friends pal 'Olu, and Stitch and Angel from Lilo and Stitch: The Series—as well as snorkelling, splashing around in the grottos and relaxing in a lazy river. And look forward to experiencing a traditional Hawaiian luau.

Love global travel?

Try Adventures by Disney

"This itinerary brings you to places you could only imagine [and] with the Disney touch at every point," Guay explains. "From Rome to Costa Rica, and California to Japan, Adventures by Disney specializes in family travel to destinations you thought weren't possible to visit. It combines the well-known quality of a Disney vacation with the wonders of the world." Take your pick from more than 40 destinations on all seven continents. That's right—you can even visit the Antarctic!

Ready to go on your own trip of a lifetime? Contact a CAA agent and dream up your perfect Disney getaway together.

UPCOMING DAY TOURS

Join us for an unforgettable day!

JOURNEYS
BY CAA NIAGARA

One of a Kind Winter Show
November 30

Famous PEOPLE Players: Winter Wonderland
December 1

The Distillery Winter Village Market
December 7

TSO Holiday POPS
December 11

Cirque du Soleil: CRYSTAL
December 17

Salute to Vienna
December 30

CHICAGO – the Musical
December 31

42ND STREET
January 17

Peking Acrobats
March 27

Shen Yun 2024 Show
April 6

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



Don't let anything SAND in your way!

Members save 10% every day on CAA Travel Insurance!*

Get a Quote



Travel Insurance

Adulthood is hard. We make it easy.

Wash off the sand from all the wrong places and let CAA Travel Insurance take care of anything else that's unexpected.

caaniagara.ca/insurance/travel

*Applies to CAA Members in good standing with dues paid in full by membership expiry date. 10% savings applies to the total premium excluding applicable taxes. Minimum premium applies. Excludes Visitors to Canada Insurance. CAA Travel Insurance is underwritten by Orion Travel Insurance Company, a CAA Company. Certain exclusions, limitations and restrictions apply. Subject to change without notice. A Medical Questionnaire is required if you are 60 years of age and older. Quotes are valid for 30 days. Conditions apply. Visit caaniagara.ca/travellinsurance for details.



CAA MEMBER APPRECIATION CARIBBEAN CRUISE

February 23 to March 4, 2024

Relaxation

Join us for a relaxing 9-night Caribbean Cruise onboard the Celebrity's Equinox experiencing the best of the Southern Caribbean and what it has to offer. Visit the ports of Aruba, Curacao, Bonaire, and Grand Cayman. Experience why sailing with Celebrity makes a perfect holiday!



CHASE AWAY THE WINTER BLUES IN MYRTLE BEACH

March 16 to 23, 2024

Relaxation

Myrtle Beach in March ushers in spring and bids farewell to winter. The entire month is filled with warmer, longer days. It is a perfect time to explore the outdoors around the Grand Strand. Of course, the beach is the most scenic (and free) spot to plant yourself. The endless crashing of the waves, soft-sanded beaches, people watching and fresh air... Treat yourself to a grand escape from winter's last gasp! It is just what you are looking for!



BLUE JAYS SPRING TRAINING & CLEARWATER BEACH

March 21 to 25, 2024

Sports

Take a break from winter in sunny Florida to see the Toronto Blue Jays at Spring Training. Relax in Clearwater Beach with a 4 night stay at the Springhill Inn and Suites. Included in this trip is two spring training games. See the Boston Red Sox and Philadelphia Phillies take on the Toronto Blue Jays in pre-season.



SOUTHERN CHARMS OF SAVANNAH & CHARLESTON

April 21 to 27, 2024

Tuxedo Classic

Embark on a truly immersive journey through the heart of the American South with our "Southern Charms of Savannah and Charleston Tour." This extended adventure promises a comprehensive exploration of two of the most enchanting cities in the region, offering an unparalleled opportunity to discover the captivating history, vibrant culture, and timeless charm that define Savannah and Charleston.



ATLANTA – A SOUTHERN CLASSIC

May 18 to 24, 2024

Tuxedo Classic

The city was officially named after the governor's daughter, Martha Atalanta, in 1847. Call it The Big Peach, The Big A, A-Town, Dogwood City, or even New York of the South, Atlanta is one of the most popular cities in the United States due to its thriving economy, diverse culture, numerous sports teams, art galleries, museums, and vibrant nightlife.



ICONIC THAILAND

November 9 to 26, 2024

Adventure

Experience the timelessness of Thailand's cities, temples, and landscapes on a cross-country adventure. Explore the rich culture, heritage, and culinary delights of Chiang Mai. Head south to discover tropical coastlines and beautiful shores of Ko Samui. Venture to limestone cliffs and sacred caves in Krabi. In each destination, marvel at intricate palaces and monasteries, meet locals in village homes and traditional workshops, and marvel in the flavours of authentic Thai cuisine.

Meeting Expectations

What to anticipate when you meet with an insurance advisor | *By Briony Smith*

UNSURE WHAT TO ANTICIPATE when you meet with an insurance advisor? Don't worry—getting insurance can actually be stress-free. “Life insurance can be confusing,” says Matthew Lindzon, Manager of the Life & Health advisory services team at CAA Club Group (CCG) Advisory. “There are lots of options available in the market, each with its own features and benefits. We understand that buying insurance can be overwhelming and we are here to help guide you through the process.”

Here's how CAA makes the process easy and stress-free.

STEP 1

Set up a meeting



There are several ways to connect with your life insurance advisor. You can meet over the phone or via video conference. You can also make an appointment to meet in one of the CAA Niagara branch locations to discuss your needs. Schedule an in-person meeting at caaniagara.ca/advisoryservices.

STEP 2

Request a complementary protection review



“It all begins with a simple conversation,” Lindzon says. “Your advisor will sit and chat with you to gain an understanding of your lifestyle and needs. We will ask several questions about your current personal, financial and insurance situation.” All the information provided during this review will help your advisor find the right solution for your specific budget and requirements.

STEP 3

Review your insurance options



“At CAA Club Group Advisory, we have access to more than 250 products from eight of Canada's top and most reputable life insurance carriers,” Lindzon says. “With your needs in mind, we will review the options and find a solution that best suits you.” Your advisor will go over everything in detail to make sure you're comfortable with whatever plan you pick. (Plus, our advisors work on salary, so there's no stressful hard sell.)

STEP 4

Complete the application process



Once you've picked the right insurance plan for yourself, your advisor will guide you through the application process—from submission to decision. “Getting insurance advice should feel comfortable, without pressure or confusion,” Lindzon says. “Our entire process is set up to ensure you are looked after every step of the way.”

Learn more at caaniagara.ca/advisoryservices.



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Ear and Now

What you need to know about Noise Induced Hearing Loss

For most, the noises of a roaring crowd, a clamorous work environment and even loud music from headphones are all day-to-day occurrences. However, these facets of daily life can put you at risk for Noise-Induced Hearing Loss (NIHL).

NIHL occurs when the sensory receptors inside the inner ear become damaged, interrupting the signals these receptors send to our brains. While this damage is considered permanent, taking actions to prevent it can make a world of a difference.

The first step to being proactive about your hearing health is knowing the signs and sounds to look out for:

- 1 Sounds become muffled, as if you're underwater
- 2 Turning up the TV or radio volume beyond a reasonable level
- 3 Increasing difficulty in understanding conversations

The good news is that it's never been easier to prevent further damage thanks to the sophisticated, innovative hearing solutions from Connect Hearing. Using your CAA Membership, you can take advantage of Member-exclusive savings such as five years of free batteries with hearing aid purchase, and up to \$2,000 off hearing technology*.

Listen up!
If these symptoms seem all too familiar to you, it's time to take control of your hearing health and visit Connect Hearing for a free hearing test.

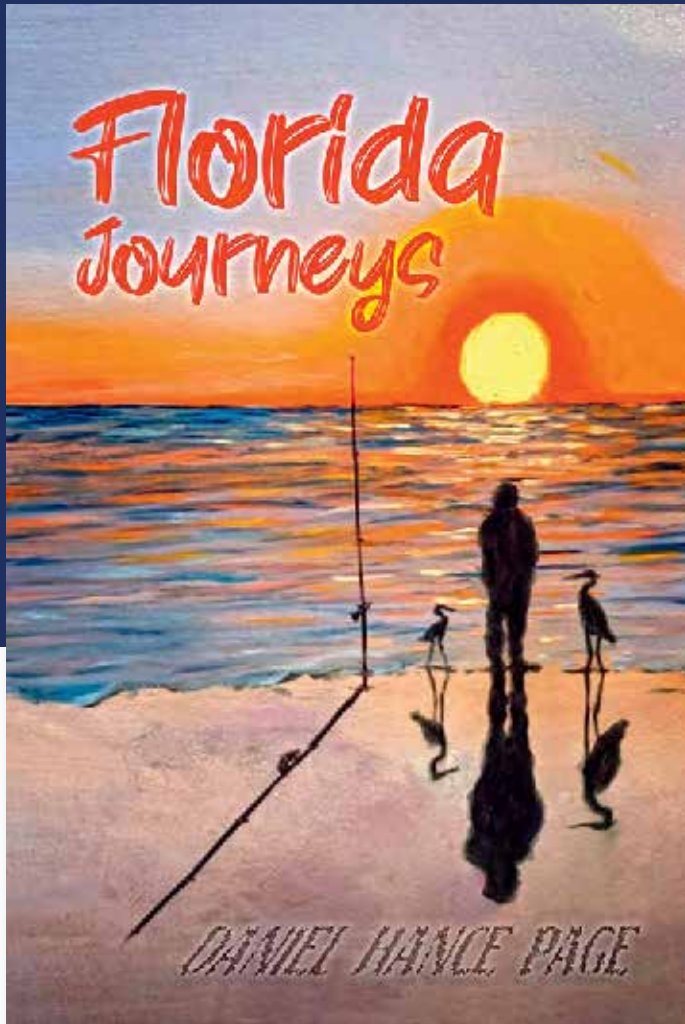
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*Private clients only. Cannot be combined with any other offer, rebate or previous purchase and is non-redeemable for cash. Save up to \$2,000 on a pair of Select level Sonova hearing aids; 15% off Advanced level; and 10% off Standard level with a valid CAA membership. This offer is a tiered rebate determined by which level of Sonova Hearing Technology purchased. Offer expires March 31, 2024. Lyric, Bone Anchored Hearing Solutions, Econo aids, Non Sonova and AB products excluded. See clinic for details.



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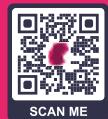
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Science Fare

Filiz Koksel's innovative research on plant-based meat alternatives addresses the twin challenges of climate change and food insecurity

By Truc Nguyen | Photograph by Thomas Fricke

FILIZ KOKSEL LOVES playing with food. The bubbles in bread dough, puffed snacks and breakfast cereals have occupied her scientific attention for years. "I'm fascinated by how bubbles change their shape and size and, at the end, contribute substantially to the end-product quality."

But it's not all fun and games for this Turkish-Canadian food scientist, researcher and associate professor at the University of Manitoba. Currently, she's investigating how extrusion technology—the kind used in the manufacture of many processed foods—can be utilized to make plant protein-enriched snacks, cereals and plant-based meat alternatives.

It's a timely topic. Koksel understands that a rapidly growing world population requires a shift away from animal protein consumption to protein derived from plants. "Plant-based food products have lower carbon and water footprints," Koksel points out.

Her research team is working on projects related to plant-based meat alternatives and how to add value to industry by-products, such as the spent grain left over from beer-making. One study investigates how extrusion technology can be used to make texturized vegetable proteins to replace, partially, the meat in common foods.

Koksel's next mission: preparing a new generation of food scientists for careers in Canada's food industry and readying them to meet the challenges of the future. "The next generation of food scientists will make more plant-based alternatives accessible to Canadians, for better health and a better environment," Koksel says. **CAA**



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