

take five

Holiday Shopping Made Easy with CAA

This Christmas, share the peace of mind, countless benefits and great value of a CAA Saskatchewan membership with someone special. Purchase a gift membership, and CAA will give you a present as well. Give the gift that keeps giving all year long. A CAA membership really is *more than you think!* • CAA Saskatchewan StoreFront also has a variety of gift ideas for everyone on your list, from luggage, travel accessories and Tilley hats to automotive gadgets and cool kids' stuff – all at special member prices. And you earn CAA Dollars on most purchases.

You'll also find great gifts with CAA Saskatchewan's many Show Your Card & Save partners, such as:

- **Cineplex Movie Holiday Packs** (treat 'em to a movie and treats)
- **Husky and Mohawk gift certificates** (help ease the pain at the pumps)
- **SIRIUS Satellite Radio** (give the gift of music)
- **Flowers from FloraWorld.com** (say it with flowers)
- **Linens 'n' Things** (help accessorize their home)
- **Rent-a-Chef with The Chef Group** (give a well-deserved break from holiday cooking)

Do You Have What It Takes?

Seeking 2009 scholarship candidates

The CAA Saskatchewan Scholarship Program was established in 2006 as part of CAA's commitment to the progress and success of the province. The program awards three annual entrance scholarships of \$2,500 each to students attending each of the province's major post-secondary educational facilities: University of Saskatchewan, University of Regina and SIAS. Any graduating high school student who is a resident of Saskatchewan and a CAA Saskatchewan member or child of a member may apply. One scholarship is also awarded to a CAA Saskatchewan employee or child of an employee. Applicants are evaluated on academic excellence, economic need and other factors, including participation in extracurricular activities and community involvement. The successful candidates are determined by their educational institution.

i For 2009 application forms and detailed information, contact the educational institutions listed above





- **Blue Nile fine jewellery** (add a little sparkle to their world)
- **CAA Visa TravelMoney Card** (a welcome present for any traveller)
- 📍 Visit any CAA Saskatchewan office; 1-800-564-622; www.caask.ca

Musical Note

Need something new for your musical collection? Through an exclusive partnership with Universal Music, the largest music company in the world, CAA members save 25 per cent on CDs and DVDs, and 10 per cent on music downloads, plus receive free shipping anywhere in Canada. Visit www.caa.ca/music and check out these recent top picks and more:

Top 3 Downloads

- *When I Grow Up* – Pussycat Dolls
- *Just Dance* – Lady Gaga
- *Disturbia* – Rihanna

Top 3 CDs

- *High School Musical 3* – OST
- *Doll Domination* – Pussycat Dolls
- *Mama Mia!* – OST

One-Stop Local Eco-shopping Is Just a Click Away

Saskatchewan folks can now locate green products via a directory at www.saskatchewangreendirectory.org.

Visitors can easily source an array of environmentally friendly services and goods, from energy-efficient air conditioning to water-saving devices and renewable energy systems, as well as view the criteria for green-product classification.

NEW at Science Centre

Gone WILD!

WILD! Saskatchewan is a fun and interactive exhibit focusing on the province's eco-regions, topography and wildlife, with a serious message about environmental sustainability. With the help of a life-sized robotic grizzly bear and decomposing robotic gopher, the exhibit explains the entire life process and the extinction of plants and animals. It also includes a powerful closed-circuit camera that lets visitors zoom in on the wildlife and plants of nearby Wascana Marsh and Bird Sanctuary.



Hear them roar:
Watch lions struggle for power in the *National Geographic* giant-screen film, *Roar: Lions of the Kalahari*.

The Real Lion King

Experience Roar: Lions of the Kalahari, a giant-screen film by Tim Liversedge for *National Geographic*, now playing at the Kramer IMAX Theatre. *Roar* transports the viewer deep into Botswana's Kalahari Desert, where the life-and-death struggle between a real lion king and a fierce, young contender unfolds. The story cleverly weaves together the day-to-day life of lions, their rivalry adding an element of suspense. Audiences are shaken in their seats by one of nature's loudest sounds, the roars of duelling lions, delivered by the world's most powerful theatre sound system.

CAA members save 15 per cent off Science Centre family memberships, 10 per cent off admission to the Kramer IMAX Theatre, 10 per cent off admission to the Powerhouse of Discovery and 10 per cent off regular-priced merchandise at the Discovery Shop.

📍 1-800-667-6300; www.sasksciencecentre.com

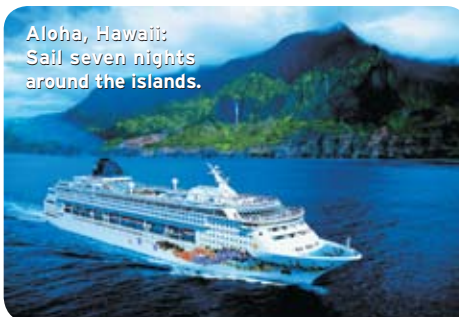
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CAA Travel

Exclusive CAA Group Departures

Take the guesswork out of that next vacation by letting CAA be your guide with a CAA exclusive group package. CAA group vacations usually include flights, transfers and tours/cruises, often with extra excursions and always with added value.

- **Egypt: February 16-March 1, 2009** Last chance to book a timeless float up the Nile River.
- **French Escapade: April 1-13, 2009** A journey through France, from Paris – the city of lights – south to Provence. Take in picturesque landscapes on the way to unforgettable food and wine regions.
- **Ireland: May 30-June 12, 2009** CAA's third trip along the "Country Roads of Ireland." The Emerald Isle never fails to awe visitors with its history, beauty and humour.
- **Blue Danube Discovery: September 17-30, 2009** Travel from Budapest to Prague. What could be more beautiful than the serenity of a European river cruise?



Aloha, Hawaii:
Sail seven nights
around the islands.

CAA Group Cruises

- **Chairman of the Board Cruise: January 9-29, 2009** Fort Lauderdale, Turks & Caicos, the Panama Canal, Ecuador and Peru (home to the ancient lost city of Machu Picchu).
- **Hawaii Sail and Sand: January**

29-February 12, 2009 Rediscover Hawaii. Sail seven nights around the islands; stay for seven nights on Waikiki Beach. Paradise calls!

Focus on . . .

Collette Vacations offers a collection of tours with an exciting range of destinations to satisfy all travel tastes. Thinking ahead? Look for these group departures in 2010:

- Spectacular **South Africa**
- **Ecuador**, featuring the Galapagos Islands

journeys & jaunts - CAA style

Country Roads of Ireland

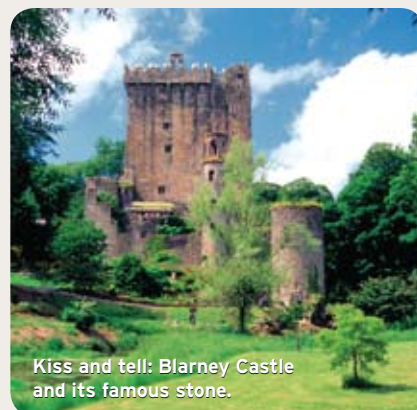
by Karen Schabel,
Travel Manager, Regina East

Call it the luck of the Irish, but last June I was fortunate enough to join CAA's exclusive group departure on the 13-day Country Roads of Ireland Tour with Insight Vacations. With an expert professional guide to regale us with history and lore, the tour was superb. Highlights were the ever-changing scenic beauty, meeting wonderful Saskatchewan people and the feeling that we had truly experienced the country – all with Guinness on the side!

We began at Dublin Castle, headed north to Belfast and travelled through the naturally diverse Glens of Antrim before spending the night at a haunted castle-turned-hotel in

the seaside resort of Ballygally. (Irish legend has it that ghosts roam the halls, but we were spared any paranormal experiences.) We journeyed along the northern coastline to the basalt columns of the Giant's Causeway, a World Heritage Site; to Londonderry, or Derry (depending on who you talk to), for a tour of the city's walled area; through the border town of Beleek, with a visit to the Clonalis House of the O'Connor family (descendants of Ireland's high kings); and on to Galway. Other sites included rugged Connemara, secluded Kylemore Abbey and the rocky Burren and Cliffs of Moher, while around the Ring of Kerry, our motorcoach traversed winding coastline roads through Ireland's highest mountain range.

We also rode in Killarney's jaunting cars (horse-drawn carriages), peeked at the Dingle Peninsula's stone beehive huts – built more than 3,000 years ago by settlers,



Kiss and tell: Blarney Castle
and its famous stone.

kissed the Blarney Stone at Blarney Castle and toured the Waterford Glass Factory and the National Stud Farm – one of Ireland's main racehorse breeding centres. I had toured Ireland 15 years earlier in a rented car, so I was excited to return, this time by motorcoach, with no worries about driving on the left side of the road. Our next CAA Ireland tour departs May 30, 2009. You don't want to miss it. *Slainte!*

WHAT A DEAL! SAVE on Europe with CAA

Book and pay for your trip to Europe with Insight Vacations, Trafalgar Tours and Contiki between October 1 and December 31, 2008, and **save 10 per cent off** your land tour price. Only when you book through CAA Travel. Some restrictions apply.

i See ad on page 38

WestWorld Tours

Travel with someone you trust

WestWorld Tours cost just dollars a day but offer a lifetime of memories, with:

- Exciting destinations • Personal and professional drivers and guides with insightful commentary
- Large picture windows • Comfortable seating
- Environmentally friendly transportation

■ **Pirates to the Caribbean: January 19-February 1, 2009, with Captain Alice; January 23-February 5, 2009, with Captain Koral** Take to the high seas for a seven-night Caribbean cruise with Princess Cruises on the ms *Ruby*, followed by six nights in Orlando. Enjoy Walt Disney World, Sea World, the Kennedy Space Center and much more.

■ **The Land Down Under – Australia & New Zealand: February 15-March 7, 2009** The tour was so good the first time, we decided to do it again. Get acquainted with the aboriginals at Uluru and experience the coastal beaches and rainforest at Cairns and the bustling metropolises of Melbourne and Sydney. It's a good day, mate!

■ **Glory of Easter: April 4-18 and April 5-19, 2009** With 10,000 windows of tempered silver-coloured glass held in place by a lace-like frame of white steel trusses, the Cathedral in Garden Grove, California, is a sight to behold. Enjoy a tour of the building as well as the annual *Passion Play*. Tour highlights include: Salt Lake City, Utah; Laughlin and Reno, Nevada; and Los Angeles and San Francisco, California.

■ **Spring in Beautiful British Columbia – Victoria: April 20-May 1 and May 11-22, 2009** Like the blooms of Butchart Gardens, this tour is a perennial Saskatchewan favourite. Travel west with engaging stops along the way, then spend one week near Victoria's Inner Harbour enjoying the Murals of Chemainus, Butchart Gardens, Salt Spring Island and Cathedral Grove. New this year – Butterfly Gardens.

■ **Our signature tours – Alaska and the Yukon** WestWorld Tours started in 2000 with the Alaska tours, and their popularity continues to grow. Experience awe-inspiring beauty, history, fun and frivolity on every journey.

• **All coach: June 13-July 2, 2009.**

• **Voyage of the Glaciers Cruise and 12-Night Coach:** southbound, **June 10-29, 2009;** northbound, **June 15-July 4.** Sailing with Princess Cruises through the Inside Passage.

■ **Churchill 15th Annual Explorer Tour: July 26-August 1, August 2-8 and 9-15, 2009** Ride the rails into Canada's North, home to whales, tundra buggies, the Churchill grain terminal, flora and fauna and so much more.



One in every five Canadians will be 65 or older by 2026. And as our population ages, so does our driving public – and the need to address challenges facing older drivers increases. While advancing age alone does not preclude safe driving, sight, hearing, reflexes and judgment of speed and distance do diminish over time. As well, older adults are more likely to be seriously injured or killed if they are in a collision. According to Transport Canada, drivers over 65 have the second highest motor vehicle death rate (drivers aged 15 to 24 have the highest).

What can drivers do to stay behind the wheel for as long as safely possible?

- Participate in the Saskatchewan Safety Council 55 Alive driving course.
- Visit the doctor regularly; ask about medication that may affect driving.
- Schedule annual eye tests.
- Avoid driving in heavy traffic, poor weather, at night and on highways.
- Be cautious at intersections. If nervous making left turns, make three rights instead.
- Make sure you and your car are a good fit (for example, you should be able to see at least 7.5 centimetres above the steering wheel). Check out CAA's CarFit at www.caa.ca/agingdrivers/tips/carfit.html.
- Consider adding adaptive devices to your vehicle, such as panoramic rear and side mirrors, visor extenders, easy-lock seat belts and seat lifts.

When considering retiring from driving:

- Calculate the cost of owning a vehicle (gas, oil, repairs, tires, licence, insurance, etc.) versus taking cabs. More often than not, you'll save

money by giving up your car.

- Ask relatives, friends and neighbours if they can provide rides; offer to share the cost of gas.
- Check community groups or churches for volunteer driver programs and shuttle services.
- Shop in malls where you can pick up everything in one trip. Share a cab with friends.
- Have medicines and groceries delivered. Use services that make house calls. Catalogue-shop or purchase online.
- Think about all those driving stresses you won't have to worry about: no costly vehicle repairs, no white-knuckle driving, no digging your car out after a snowstorm . . .

For more information, visit any CAA Saskatchewan office for a variety of brochures related to aging drivers. Or visit CAA's Helping Aging Drivers website, www.caa.ca/agingdrivers, or www.sasksafety.org (look for 55 Alive).

Next issue: Learn more about what CAA is doing to support environmental initiatives and to educate members on eco-driving.

Winging It

Without the Guilt Trip



Did you know that by 2050, the number of airline passengers is expected to increase by 600 per cent? And, recognizing that increased air travel means increased greenhouse gas emissions, airlines are researching and employing ways to reduce fuel consumption. Here are some tips for how passengers can go green as well:

- **Lighten your load:** The heavier your baggage, the more fuel it takes to haul it. (It's also harder on your back!)
- **Older isn't wiser:** Modern planes are more fuel efficient

than older models. And Canadian passengers are fortunate because Air Canada and WestJet have relatively modern fleets. When considering other airlines, book flights on the newest aircraft available.

■ **Get to the point:** Shorter, more direct routes pollute less. When possible, avoid stopovers and multiple takeoffs and landings.

■ **Choose the cheap seats:** Flying economy makes better use of aircraft space, which means business-class passengers send more CO₂ emissions per person into the atmosphere than their discount counterparts.

■ **To your credit:** Passengers on WestJet, Air Canada and other airlines can purchase carbon offset credits to compensate for the CO₂ their flying generates. Air Canada has partnered with Zerofootprint, while WestJet works with Offsetters.ca. Credits support renewable energy, forest restoration and other eco-projects. Check out the ICAO (International Civil Aviation Organization) online calculator for estimating how much greenhouse gas your flight will produce.

 www.icao.int

My CAAsh Saving Story

On a daytrip in St. John, New Brunswick, my daughter, niece and I parked on a steep street in the downtown area. After a quick tour, we returned and, to our horror, noticed a flat tire. How could we possibly change that tire on such a steep incline? My niece whipped out her CAA card and saved the day. A tow truck arrived shortly after we called, and we piled in for a ride to the repair shop. How thankful we were for that CAA card; it saved us a lot of money and stress. That day, I realized how wonderful it is to own a CAA card and, not long after arriving back in Saskatchewan, my daughter and I became CAA members. Now, I would not be without it.

—Julie Johnston, Shaunavon

Have you saved money with your CAA membership? Send your CAAsh Saving Story to us at caa.admin@caask.ca, and, if we print it, you'll receive a special gift worth \$20.


wild

WINTER SAFARI

Imagine watching bison, elk and deer, dusted with frost, standing beside a frozen river. Or seeing wolves scampering over sparkling snowdrifts. How about a family of Tibetan yaks basking in the sun, condensation from their breath rising skyward in steamy billows? You can experience all that and more throughout winter at the Saskatoon Forestry Farm Park and Zoo.

• Many of the facility's 300 animals remain outside all year long; indigenous residents grow luxuriantly thick coats and are easy to view against a canvas of crisp, white snow. You might also get a peak at two recent additions, grizzly bears Koda and Mistaya, who arrived in May 2008. (Of course, critters that are used to more temperate climates, such as tropical birds, reptiles and monkeys, are exhibited inside.) Plus, from November 21 to January 6, the Forestry Farm Park will blaze with glittering lights as part of the Enchanted Forest. Proceeds benefit the Saskatoon City Hospital and Saskatoon Zoo foundations. Admission to the zoo is free from November 1 to March 31 (donations are gratefully accepted).

So when cabin fever sets in, don't hole up; instead, bundle up, grab the camera, swap the stroller for a sled and head for the zoo. ❧

 306-975-3382; 1903 Forestry Farm Park Drive, Saskatoon; Open 10 a.m.-4 p.m., September 4-April 30

BISON AND WOLVES AND BEARS, OH MY: Many of the Saskatoon Forestry Farm Park and Zoo's 300 animals reside outside year-round.

