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QUEBEC  
FALL 2018

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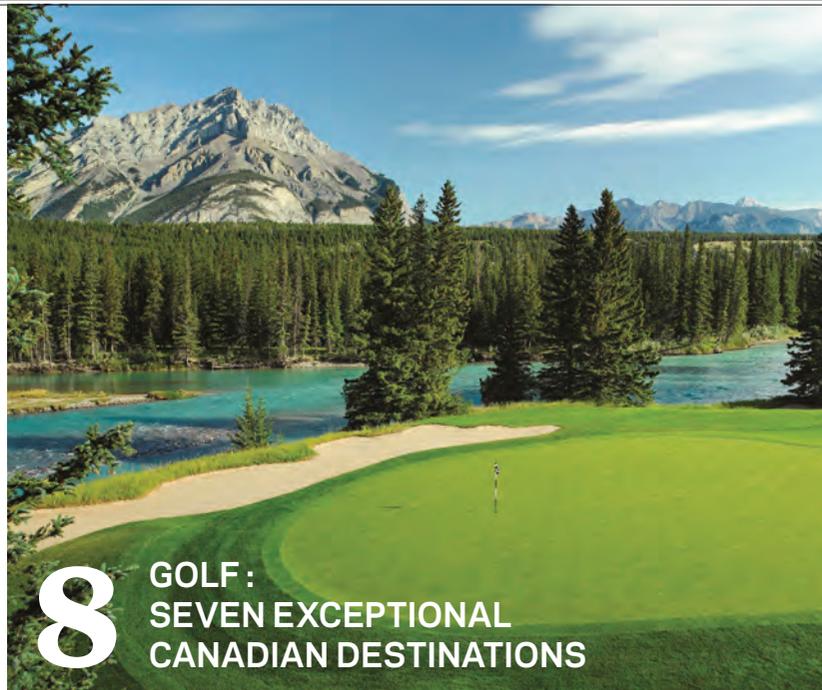
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# TACKLING ROAD CONGESTION IT NEEDN'T BE EXPENSIVE



© CATH LANGLOIS PHOTOGRAPHE

**CAA NATIONAL HAS IDENTIFIED SEVERAL REALISTIC AND INEXPENSIVE SOLUTIONS THAT HAVE ALREADY YIELDED ENCOURAGING RESULTS.**

A handwritten signature in black ink, appearing to read 'Richard Lachance'.

**Richard Lachance**  
President and CEO

Caught in traffic? You're not the only one! No less than 43 percent of Canadians<sup>1</sup> waste an hour or two in traffic each day. This can represent up to 10 days a year in lost family time, not to mention the amount of money wasted and fuel needlessly burned. Nationwide, 11.5 million hours are lost annually as a result of bottlenecks. We need easy and efficient solutions – and they already exist!

CAA National has identified several solutions in a study it conducted in collaboration with a transportation consulting firm.<sup>2</sup> Realistic and inexpensive, these remedies have already yielded encouraging results elsewhere. Here are a few examples.

It's interesting to learn that vehicle breakdowns and accidents are the primary causes of traffic congestion. In the United Kingdom, incident screens are deployed around crash sites to prevent curious motorists from making traffic worse. It's a simple solution, and it works. In Florida, various emergency services work in tandem in order to free up clogged lanes in less than 90 minutes. Each dollar spent in this regard brings in seven. Imagine the gains in time and money! There's no doubt that road congestion exacts a huge toll on our lives.

Evolved systems exist today that detect traffic patterns and manage traffic lights accordingly. In Toronto, \$850,000 has been invested synchronizing lights, and the return on investment is upwards of \$64 per dollar spent!

In Paris, traffic lights have been installed on highway on-ramps to regulate the volume of traffic. The results are a 15-percent savings in time, a 10-kilometre-per-hour increase in speed during rush hours, and a 20-percent reduction in accident numbers. This significant solution is also far cheaper than building a new highway.

Ridesharing is another underexploited potential, despite existing technology designed to facilitate the entire process. And from an infrastructure perspective, more thought should be given to roundabouts that enhance safety while also reducing stop-and-start times.

Motorists can also do their part. For example, at the yield sign on a congested road, it's been shown that it's better to merge as late as possible and one car at a time, like a zipper. A simple sign at the highway ramp to remind us would do the trick.

Current public-transportation initiatives will continue to improve our mobility, but they should not impede these seemingly modest, inexpensive and efficient solutions. What should we do? Will we move forward? It will be interesting to find out what our politicians think. These are the people who will decide on critical community issues over the coming weeks. Let's hope that mobility, in its broadest sense, will be part of the discussion – so much the better. We have great expectations... and a duty to ask questions.

1. Source: Canada-wide survey of 2,012 respondents conducted for CAA in the fall of 2016.

2. *Congestion Solutions*, CPCS, 2018.

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**Couche-Tard**   
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An offering from the restaurant *Légende*

## Quebec City Capital of boreal cuisine

Have you ever had a yen to eat lichen? Should you dine out at the restaurant *Légende* in Quebec City, you'll have an opportunity to sample this unusual green vegetable, a gastronomic emblem of Quebec's northern terroir. Crunchy, woody, astonishing... lichen is a perfect example of how Quebec City restaurants have decided to highlight those often little-known treasures of the terroir. And customers enjoy discovering that seabuckthorn can make you forget citrus fruits, or that black walnuts are a superb substitute for the classic variety.

Chef-owner Jean-Luc Boulay's prestigious *Saint-Amour* was one of the first restaurants to wholeheartedly embrace terroir cuisine by highlighting both local producers and the region's wild fruits and plants. Boulay's traditionally prepared foie gras, for example, magically mingles with foraged mushrooms and other products from the wild – the kind of ingredients some of us have come to know and appreciate thanks to our hunting and fishing activities. Today, ox-eye daisy capers and bulrush hearts add a boreal touch to menu-defining dishes, whether of local duck, cheese or vegetarian fare. And don't ignore the exploits of *Chez Boulay*, the so-called boreal bistro founded by Boulay and Chef Arnaud Marchand where the spirit of the North is palpable, even in the plainest garnish on a dish.

Auberge Saint-Antoine's restaurant, *Chez Muffy*, systematically acknowledges its local suppliers from microshoot producers to mushroom foragers. Incidentally, the company Morille Québec supplies exquisite wild mushrooms to many a Quebec restaurant. Today, gourmands and gourmets alike will instantly recognize the provenance of the delicacies they so relish – a fantastic way of melding gastronomy and local pride.



Chez Muffy

©FRANCISFONTAINE

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## A milestone for Château Frontenac

Quebec City's most famous landmark is celebrating its 125th anniversary this year – and with a bang. Exhibitions and special events will continue to the end of the year.

At Restaurant 1608, for example, you can sample the Martinez Royal, a cocktail specially created as a tribute to the 1920s – the Château's golden era. This fall, several exciting events are also noteworthy including the harvest festival – prominently featured at restaurants in September – and a number of open houses (from November 3 to 4) where you can view the Château and its new suites without charge. Taking place on that same weekend is the *Souvenirs du Château*, an exhibit of 125 years of memorabilia like furniture, silverware and dinner services loaned by hotel employees and local residents. Also, photographer Roland Lachance has his commemorative *60 ans de photos de Québec* on offer, and the *Noël dès novembre* (which highlights cooking and mixology workshops) has returned to put you in a genuinely festive mood. Consult [CHATEAUFRONTENAC125.COM](http://CHATEAUFRONTENAC125.COM) to learn about the Château Frontenac program and its latest additions. **N.de G.**



▶ Château Frontenac is the winner of the CAA/AAA 2018 Four- and Five-Diamond awards.

## Cycling and luxuriating in Estérel

On this chilly September morning in the Laurentians, an eerie, vaporous fog hangs over the lake, and the surrounding forest is a spectacular palette of fall colours reminiscent of a Riopelle canvas. In fact, the artist himself had his home-cum-studio just a couple of kilometres away. It was he who long ago persuaded his friend Champlain Charest, a distinguished wine collector, to buy an old general store in the hamlet of Sainte-Marguerite-du-Lac-Masson and turn it into a restaurant. When this legendary Bistro à Champlain closed its doors 40 years later, Estérel Resort acquired some 5,000 bottles from its fabulous wine cellar.

Estérel Resort boasts 200 suites organized across two wings: Emotion (for the romantically inclined) and Evolution (for small families, with separate bedrooms). All suites feature fireplaces, kitchenettes and floor-to-ceiling windows (the lakeside units are sublime).

Through the resort's picturesque natural setting, there are trails for all physical levels. Why not try the easy-to-ride, 5- or 10-kilometre-long circuits? Bike rentals are available on the premises.

Back at the hotel, relax luxuriantly in the outdoor whirlpools or Nordic spa facilities, all open year-round, rain or shine. How blissful to float peacefully while admiring the sunset or the stars overhead! All your worries will drift away... **C.E.**

**CAA-QUEBEC MEMBERS** ▶ Suites from \$189 a night. Members get 15 percent off hotel rates or \$30 off packages at Estérel Resort and other network members of Origine – Artisans-Hôteliers (formerly Hôtellerie Champêtre). Consult [CAAQUEBEC.COM](http://CAAQUEBEC.COM).



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# 7 EXCEPTIONAL GOLFING DESTINATIONS

What golfer doesn't dream of taking his or her clubs and setting out in search of new eagles and birdies? Canada boasts several courses that will satisfy the fussiest golfer.

BY ANDREW PENNER AND CLAUDINE HÉBERT

## QUEBEC /

### Hitting the jackpot in Charlevoix

**01** / No other golf course in Quebec provides as many magnificent vantage points over the St. Lawrence River as that of the Fairmont Le Manoir Richelieu in the Charlevoix town of La Malbaie. Almost every one of its 27 holes affords majestic panoramas that enfold the river. In fact, the construction of the Saint-Laurent subset's first tee – which cost \$1 million in 2006 – set the tone with a breathtaking view overlooking the bay. So it's not uncommon to tee off accompanied by the pleasant sound of foghorns from passing ships. The water, too, can affect putting performance. But beware: The greens are tricky, so it's important to read them carefully. Besides its obvious beauty, this golfing destination is also rich in history. In 1925, then U.S. president William H. Taft inaugurated the original course. **C.H.**



## PRINCE EDWARD ISLAND /

### Oyster country

**02 /** Prince Edward Island offers 20 golf courses that never fail to enchant visitors. The Links at Crowbush Cove is without a doubt the choice venue, located on the island's north shore – just a 30-minute drive from Charlottetown. It's PEI's only golf course set right on the banks of the Gulf of St. Lawrence. Spanning 6,903 yards, its undulating layout makes this course even more challenging. It's no surprise that *Golf Digest* calls this Maritimes treasure one of Canada's most beautiful courses. **C.H.**



## QUEBEC /

### Dynamic duo at Gray Rocks

**03 /** Mont-Tremblant's La Belle and La Bête are the only Gray Rocks Resort facilities still in operation. Both La Belle, celebrating its 90th anniversary this year, and La Bête are set into the mountainside while still having their own particularities. La Belle is defined by its narrow greens, whereas La Bête is notorious for its changes in elevation especially on the 13th hole. This is where architect Graham Cooke created a troublesome 560-yard par-5, with a ravine right at the start, a pond halfway through and a giant sand trap at the entrance to the green. **C.H.**

Enjoy your round of golf at Gray Rocks with CAA-Quebec discount offers.

► Members get up to a 15-percent discount on green fees. [CAAQUEBEC.COM/EN/CAA-DOLLARS-AND-DISCOUNTS](http://CAAQUEBEC.COM/EN/CAA-DOLLARS-AND-DISCOUNTS).

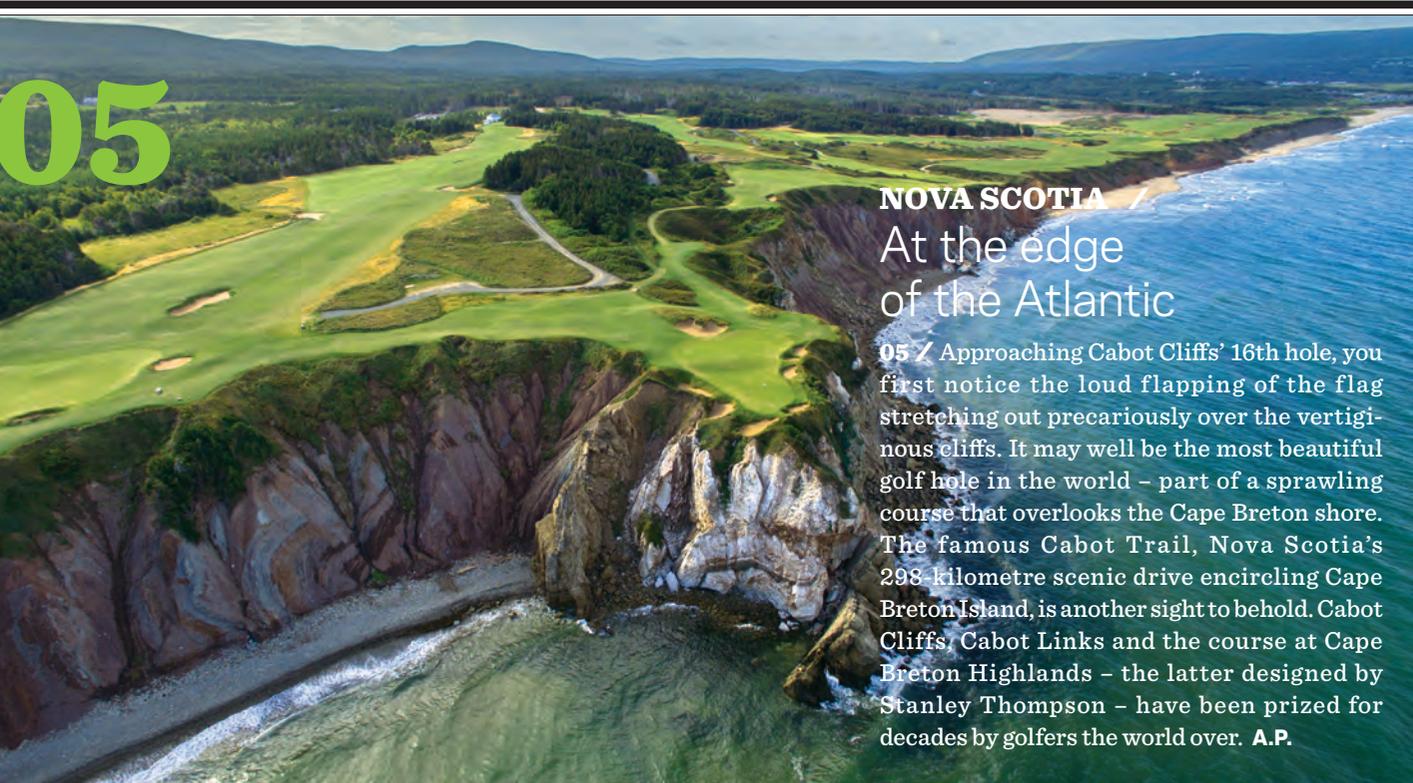
## BRITISH COLUMBIA /

### A sculpted gem at the foot of the Rockies

**04 /** Of all the courses designed by world-renowned golf-course architect Stanley Thompson, the one at the Fairmont Banff Springs complex in Alberta is indisputably the most masterly. All along the 6,938-yard course, you're captivated by Mount Rundle's colossal bulk dominating the greens. In fact, the course's proximity to the steep mountainsides creates a number of optical illusions. The phenomenon is especially evident at the fourth hole, a.k.a. the Devil's Cauldron. This 165-yard par-3 encompasses a glacial lake notorious for gobbling up thousands of golf balls each year. But whatever the situation, the surrounding landscape is majestic from the first swing to the final putt – especially when elk, wolves and other Banff National Park mammals also visit the fairways... **C.H.**



05



**NOVA SCOTIA /**  
At the edge  
of the Atlantic

**05 /** Approaching Cabot Cliffs' 16th hole, you first notice the loud flapping of the flag stretching out precariously over the vertiginous cliffs. It may well be the most beautiful golf hole in the world – part of a sprawling course that overlooks the Cape Breton shore. The famous Cabot Trail, Nova Scotia's 298-kilometre scenic drive encircling Cape Breton Island, is another sight to behold. Cabot Cliffs, Cabot Links and the course at Cape Breton Highlands – the latter designed by Stanley Thompson – have been prized for decades by golfers the world over. **A.P.**

©EVAN SCHILLER



06

**BRITISH COLUMBIA /**  
Golfing and swimming

**06 /** Who wouldn't daydream about strolling along the greens at the foot of the Rockies? The Copper Point in Invermere, BC, beckons. Copper Point has two courses designed by Canmore-based architect Gary Browning, both of them emanating charm and challenge. The shorter Ridge Course can be done in three hours, ideal for golfers who enjoy relaxing after their rounds. The perfect recipe here is to tackle the course early in the morning so you can laze away later in the day on Lake Windermere's beaches. From paddleboarding to kayaking in the crystal-clear waters of the Columbia Wetlands, this corner of Canada's most western province presents a host of activities. **A.P.**



► For practical tips, read the magazine's digital version.

**BRITISH COLUMBIA /**  
Dramatic elevation changes

**07 /** After spending a day or two exploring Victoria's maritime attractions, proceed to Bear Mountain where there are two golf courses ready to be tackled, designed by the legendary Jack Nicklaus. The quality of golf here is incomparable and available year-round. The rugged Mountain Course is a challenge for even the most experienced, although I prefer the more recently built Valley Course and its vast fairways and drastic changes in elevation. Once you've made your final putt, head for Cowichan Valley to enjoy the fruits of one of the region's 15 vineyards. **A.P.**

07



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**ADRENALINE RUSH****AT UNIVERSAL ORLANDO**

**Universal Orlando Resort is no run-of-the-mill amusement park. Instead, it will immerse you in an action-packed atmosphere based on the most popular movies of our times. / BY NATHALIE DE GRANDMONT**

The Resort boasts three outstanding theme parks – Universal Studios Florida, Universal’s Islands of Adventure and Universal’s Volcano Bay – and an entertainment complex called Universal CityWalk, not counting the choice of six hotels. Since the 2010 opening of *The Wizarding World of Harry Potter – Hogsmeade* (at Universal’s Islands of Adventure), dozens of new experiences have been added to various on-site parks. Here are the latest, so get ready!

**Exotic locale, immersive experience**

Volcano Bay is much more than just a water park. Besides wave pools and water slides, it features a completely immersive environment filled with thrilling adventures and rides, and many restaurants and bars. Visitors find themselves on the imaginary South Pacific island of Watari with 200-foot-tall artificial volcano Krakatau at its centre. Krakatau gushes waterfalls during the day and glowing lava-like effects at night. The park has four zones set around and inside the volcano with rides and attractions ranging from gentle wave pools to heart-pounding slides and plunges.

**A feast for the eyes**

On certain nights, magic overflows at *The Wizarding World of Harry Potter – Hogsmeade*. The Hogwarts School of Witchcraft and Wizardry and its



four houses – Gryffindor, Hufflepuff, Ravenclaw and Slytherin – dazzle with breathtaking projections and special effects, all accompanied by music from the original film soundtrack. It’s an absolute must for Harry Potter fans.

**What a rush!**

*Fast & Furious: Supercharged* is the latest Resort attraction based on the eponymous movie series. Now you can join your favourite characters – including Tej, Mia, Dom and Letty – on their adrenaline-pumping escapades. You’ll also have a chance to admire the series’ 15 iconic vehicles like Dom’s *Dodge Charger* and Letty’s *Turbo Truck*.

**Delicious and irresistible doughnuts**

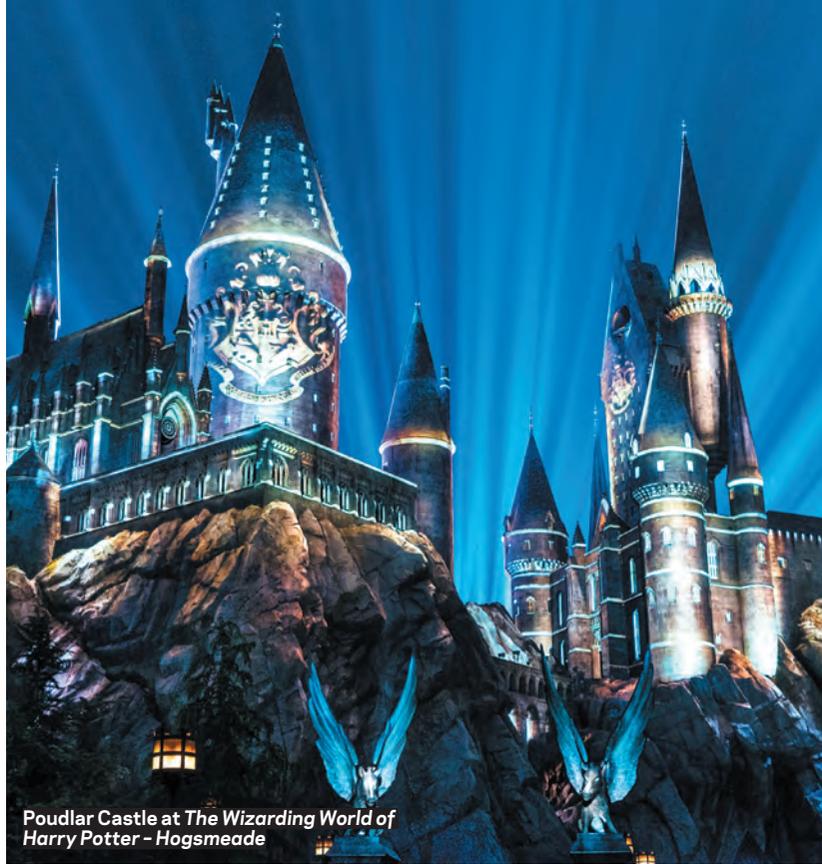
Treat your taste buds to new sensations at the recently opened Voodoo Doughnut shop at Universal CityWalk. More than 50 varieties of doughnuts to

savour with intriguing names, shapes and colours. Be unconventional! Try some of its signature desserts like the Maple Bacon Bar, the Dirt Doughnut or the Voodoo Doll.

### Stylish and smart accommodations

Universal Orlando's sixth hotel – the Aventura – opened in August 2017. Like the other on-site hotels, it offers exclusive benefits like free transfers to all Universal Orlando theme parks and early park admission. Each room comes equipped with a tablet that will allow guests to control all room functions. The hotel has the only rooftop restaurant – Bar 17 Bistro – in the entire complex where you can enjoy cocktails and nibbles while admiring the spectacular views over all three theme parks. It also features a virtual-reality game room and a large dining hall serving up different specialties from dawn to dusk.

Universal Orlando Resort beckons, with its thrilling rides, unusually tasty snacks and seriously good food.



Poudlar Castle at The Wizarding World of Harry Potter - Hogsmeade

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# SICILY

IN THE SPOTLIGHT



An iconic view in Sicily:  
the medieval fishing port in Cefalù,  
about an hour from Palermo

Southwest off the tip of Italy's "boot," Sicily and its adjacent islands bewitch us with their wild beauty and history. This Mediterranean destination is also memorable as the backdrop for major movie classics.

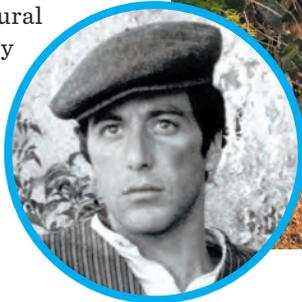
BY AURÉLIE RESCH

### Palermo the beautiful

Although the sea is not Palermo's main attraction, I begin my visit to Sicily's capital in nearby La Cala ("cove" in Italian). And what a delight it is to stroll among local families taking the sea air and, gelato in hand, watching boats of all shapes and sizes as they enter and leave the port. Whenever the sky is blue, Palermitani converge here to relax, play, socialize and enjoy a drink. La Cala also offers a magnificent entrance into the city – through the monumental Porta Felice, a harbinger of Palermo's rich architectural heritage. For behind those 16th-century ramparts lies a splendid city.

Let's start with the distinctive Palazzo Valguarnera-Gangi, a sumptuous 17th-century residence redolent with aristocratic Sicilian grandeur. It was used as a setting for the superb film version of literary masterpiece *The Leopard*, winner of the Palme d'or at Cannes in 1963. Visitors can easily envision the famous ballroom scene in the gallery of mirrors where Burt Lancaster and Claudia Cardinale waltz.

Palermo is an open-air museum, in effect, and it's also a great place to live. Built on the human scale, the capital is manageable and easy to visit. Highly recommended is a stroll through narrow streets where you're bound to stumble upon a richly appointed church, an elegantly decorated balcony or a colonnade-supported palazzo. Many small terrace cafés offer refreshments and sweet almond treats. Here, people



**In *The Godfather* (1972), Al Pacino fled to the Sicilian village of Savoca, dubbed Corleone in the movie. A statue of Francis Ford Coppola is prominently displayed in the village square.**

are eager to take the time to unwind and gaze at the passersby.

Broad arteries like Corso Vittorio Emanuele, Via Roma and Via Maqueda, replete with shops and centuries-old buildings, make it easy for tourists to find their way around. The Quattro Canti (four corners) square is a good example of a hub or reference point, adorned with fountains representing the four seasons as well as sculptures of

Sicily's four Spanish kings and Palermo's four patron saints (Christina, Ninfa, Olivia and Agata). Heading south, Quattro Canti leads to the sea; eastward, to Teatro Massimo where the dramatic final scene of

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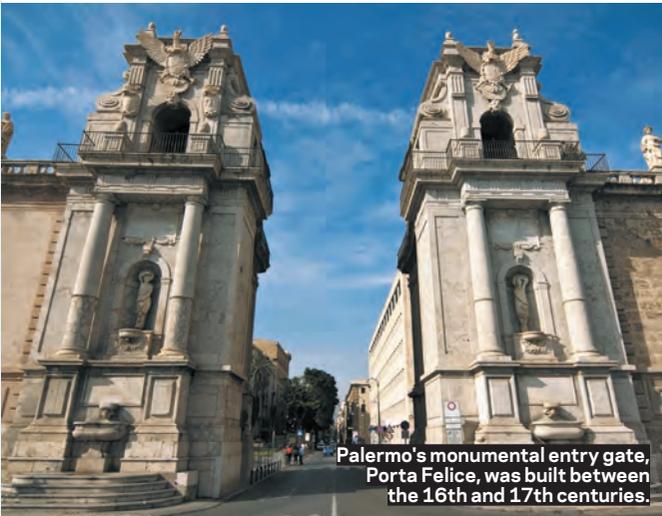


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Palermo's monumental entry gate, Porta Felice, was built between the 16th and 17th centuries.

*The Godfather III* was filmed. The theatre's rooftop affords a gloriously panoramic view of the whole city. Check out the nearby Teatro Politeama, an example of Palermo's sumptuous architectural heritage and emphasizing its pronounced taste for art and music. To the west lies the old street-market district, and to the north (past the superb 12th-century cathedral in Monreale where kings were crowned and buried) you'll find the catacombs – an impressive underground cemetery containing thousands of more-or-less-mummified remains.

Palermo is a city designed for walking. As you stroll along, you'll inevitably discover something unexpected—an inner courtyard, an intricately carved door, or some other hidden gem. Whether wandering through gardens fringed by palm trees or standing on the steps of a baroque monument, there's always an architecturally interesting building, a sculpture or a street scene that attracts attention. The languorous warmth of its sunny squares and soothing fountains, the sizzle of its produce stalls, street markets, casinos and upscale shops... All combine to create a Palermo that seduces and impresses in rapid succession. As for Palermitani, they adore their city and make sure visitors like it too. And they're not shy about singing its praises. In this vibrant city, young and old cheerfully go about their business – in the shops, on street corners, or just around the bend.



In *Le Grand Bleu* (1988), one of French cinema's greatest hits, Jean Reno and Jean-Marc Barr swam from place to place with a dolphin in Taormina at night.



Taormina

Heart and soul still brimming with the beauties of Palermo, I head for the other side of the island, toward a site that had caught my attention in a Luc Besson movie, *Le Grand Bleu* [*The Big Blue*], which caused a sensation in 1988. To get there, the bus crosses the entire province of Messina. The landscape is arid and mountainous, concealing highly perched villages – including a place called Savoca, one of the most beautiful on the entire island. If Savoca doesn't immediately cast a spell, remember that it was known as Corleone while being filmed in *The Godfather* in 1971. (It was the magnificent backdrop for the wedding of Michael and Apollonia.) Today, a monument in honour of Francis Ford Coppola has been erected in a little piazza. From Savoca, you can also catch a glimpse of Mount Etna, the almost eternally snow-covered peak.



The Greco-Roman theatre  
in Taormina

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### Taormina, a balcony over the sea

I quickly find myself falling head over heels in love with this hillside town of 10,000 inhabitants, standing 200 metres above the sea. True enough, Taormina is overrun by tourists in the summer, but that scarcely negates its appeal. The picturesque Piazza IX Aprile hugs the horizon, revealing the impossibly turquoise and endless Ionian Sea.

Punctuated with little piazzas, stone churches and Spanish colonial-style facades the colour of ochre, the town exudes charm and joie de vivre at every street corner. Shops, restaurants, hotels with inner courtyards or views of the sea all conspire to construct a little paradise on earth. Taormina is worth a stop if only to experience a few brief moments of *la dolce vita*. I love being here at dawn, watching shopkeepers open their doors and hose down the pavement. Then I watch as the town slowly comes alive before shutting down again at midday. Come evening, when Mount Tauros – on which Taormina is perched – lights up, a kind of fever infects the town and the sounds of singing and dancing persist late into the night. And serious cinema buffs will recall that it was also at night when Jean Reno and Jean-Marc Barr in *The Big Blue* swam from place to place with a dolphin.



Philippe Noiret and Massimo Troisi in  
*Il Postino* (1994), filmed on the island of Salina

A funicular, often crowded in peak season, descends from the town to the little beach below. If you feel like a dip, head for the creeks running between steep cliffs or the tiny peninsula of Isola Bella, connected to Taormina by a narrow stretch of land. After all, people don't necessarily come to Taormina to sunbathe, but rather to enjoy its remarkable setting, romantic atmosphere and easy-going lifestyle – and for the Taormina Film Festival, of course.

For a few days each June, the festival (which moved permanently to Taormina in 1971) turns the town into a bustling gala event where stars of the silver screen and tourists alike mingle happily. The highlight is the nightly screenings at the ancient Greek Theatre nestled in the heights above the town. To watch a movie projected on a giant canvas screen stretched between two pillars, with starry skies overhead and Mount Etna as the backdrop is a magical experience. It's something to be done at least once in a lifetime.

### The peace and quiet of Salina

Who remembers the sublime humour and poetry of Michael Radford's 1994 movie *Il Postino*? The film's most beautiful scenes were shot on the Aeolian island of Salina. And that's where I'm heading next.

The ride from Santa Marina to Pollara is lively and friendly. Salina residents get around by scooter, bicycle or on foot. With 2,500 inhabitants, Salina is the most fertile of the Aeolian Islands. The main crops are capers – and grapes used to make a sweet dessert wine called Malvasia delle Lipari, which is exported all over the world.

Composed of six volcanoes, Salina has the most rugged landscape in the archipelago, great for those who prefer hiking as an alternative to swimming in the sea.

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### Stromboli, island of mystery

Breaking through the surface of the sea 40 kilometres away from Salina is Stromboli. According to legend, it was here that Aeolus, King of the Winds, extended hospitality to Ulysses and his shipmates for a month. Arid and harsh, Stromboli is poles apart from Salina, but it is seductive nonetheless.

Made world-famous by Roberto Rossellini's eponymous film, which highlights the stunning beauty of Ingrid Bergman, the island itself comes as a shock. Resembling a giant black rock, Stromboli is a unique volcano with sharp-edged sides rising 924 metres above the sea, flanked by little white Aeolian houses. It has both a magical and oppressive feel, which Rossellini deftly translated to the big screen.

The volcano is the highlight here and a well-developed tourist activity. Visitors are able to admire the volcano up close, waiting for an explosive eruption. When night falls, the same spectacle can be observed from the safety of a boat. You can also get a close-up of the so-called "Sciara del Fuoco" (a lava "scar" running down the mountainside to the sea). Or climb to the summit at day's end to witness spectacular eruptions. While the climb itself isn't dangerous, you'll need to be physically fit. Sturdy walking shoes and warm clothing are also essential.



The "Sciara del Fuoco" on Stromboli island

But there are other possibilities: dining on swordfish or calamari, sipping coffee in a waterfront café, observing the lively activities of the village and its tiny port, or whiling away time contemplating the volcano reaching into an azure sky... No need to be a robust and able-bodied athlete to enjoy Stromboli.

Sicily is a destination for fans of sea odysseys and old stones, for students of Greek and Roman mythology, for globe-trotting movie buffs and epicureans everywhere!



► Featured in the magazine's digital version: Don't miss our Sicilian pesto recipe, a cooking video from the explore series.

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Until August 31, 2018, the travel insurance and its assistance service are provided by Blue Cross®. Effective September 1, CAA-Quebec Travel Insurance will be underwritten by Orion Travel Insurance Company, which insures more than a half-million CAA members annually. CAA-Quebec Travel Insurance is distributed by CAA-Quebec Travel.



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See the Member's Handbook and the Rabais Dollars CAA Guide for complete descriptions of services, discounts, products, benefits and rules related to CAA-Quebec membership, or visit [caaquebec.com](http://caaquebec.com). CAA-Quebec and its partners reserve the right to modify or terminate services and benefits at any time, in whole or in part, without notice.



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NEW /

# CHECK OUT THE rabais dollars NEWSLETTER

This member-exclusive newsletter gives you a heads-up as soon as something new is added to the CAA Dollars and Discounts program. Enjoy special offers from our partners and personalize them to suit your tastes: leisure and sport activities, entertainment, restaurants...You can also track the savings you've made thanks to your CAA-Quebec card.

## A companion to the CAA-Quebec newsletter

The *Rabais Dollars CAA* newsletter complements our regular monthly newsletter, but it strictly focuses on our rewards program. Keep up with all the new features and how to receive instant discounts or rebates in CAA Dollars from our partners.

## Subscribe today!

Just log into your Member Account and follow the steps. If you don't yet have an account, create one now. Your file is online 24/7, where you can check the details of all your transactions, track your savings, locate discount partners in your area, access exclusive online offers, redeem your CAA Dollars, and much more!

## It pays to show your CAA-Quebec card

It's not uncommon to see members accumulate hundreds of reward dollars annually (in the form of rebates and discounts). And there's absolutely no limit. Be sure to always have your card on hand to show it to our more than 3,300 discount partners in Quebec. Trust us! Take your CAA-Quebec card with you!



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### STEPS FOR SUBSCRIBING TO THE RABAIS DOLLARS CAA NEWSLETTER

1. Log in to your Member Account.
2. Select *My Profile*, then "Update My Communication Preferences."
3. Click the *Rabais Dollars CAA* newsletter box.

## Planning your vacation?

Take a few minutes to consult the CAA Dollars and Discounts section on [CAAQUEBEC.COM](http://CAAQUEBEC.COM) to locate our partners in your area. Several of them also offer online discounts.

## Passenger bill of rights adopted



For a long time, we have discussed the prospect – and it's now a reality: The airline passenger bill of rights was adopted in June. Like similar measures already enforced in the United States and Europe, the Canadian charter is aimed at protecting all air passengers travelling within Canada. Air Canada, American Airlines, Air France and all other carriers operating in Canada must abide by this bill. Its adoption (slated for 2019, according to latest details from the Canadian Transportation Agency) will mean clear and adequate compensation for problems like overbookings, late flights, cancellations, tarmac delays, lost or damaged luggage. The charter will also ensure that parents travelling with young children will be seated together. In a nutshell, we can all look forward to an improved travel experience. Here at CAA-Quebec, we welcome the news and say: It's about time!

## Trust: The cornerstone of our relationship with members

CAA is the most trusted brand in Canada, according to the Gustavson Index ranking released last spring. The index, which includes some 300 major brands, was established by way of a Canada-wide survey conducted among more than 6,000 respondents. Mountain Equipment Co-op, Costco, Fairmont and Ikea round out the top five. Gustavson measures the relationship between brand performance, social equity, trust and consumer-interest advocacy. This distinction is particularly gratifying for CAA-Quebec. Our members know that we are there for them, for their home or car whenever and wherever it matters – day or night, during the holiday season, at home or abroad. Thank you for your trust. As always, we continue to strive to be worthy of it!



Members of the Round Table on the Environment and Road Vehicles

## Clé Verte<sup>MD</sup> turns 10: Five reasons to cheer

Just in case you didn't already know, all 420 CAA-Quebec-approved garages are now certified Clé Verte, an environmental management program for handling dangerous automobile waste. This unique certification serves as a seal of approval for consumers, ensuring that the certified company respects current environmental practices and more. It's a guarantee of service uniformity and consistency from all participating garages to:

1. comply with laws and regulations;
2. optimize working premises and equipment;
3. adequately recycle and dispose of dangerous automobile waste like used oils;
4. train personnel; and
5. use products that are least harmful to the environment.

Clé Verte certification is, therefore, an extra layer of protection both for the health and well-being of auto-repair workers and public safety in general. Instrumental in implementing the program 10 years ago, CAA-Quebec is especially proud to mark this milestone today.



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## CAA-QUEBEC FOUNDATION THREE EVENTS, ONE GOAL / IMPROVING ROAD SAFETY

Road-safety experts at the CAA-Quebec Foundation are hitting the road once again this fall, holding information and awareness sessions at high schools, CEGEPs and retirement homes across Quebec. Be sure to talk to friends and family about these not-to-be-missed sessions.

### ***If you're driving, don't be a loser!***

A driving simulator will be used to demonstrate the experience of impaired driving.

**Audience:** 5,000 Secondary IV and V as well as CEGEP students.

**Themes:** Distracted and impaired driving, fatigue at the wheel, speeding.

### ***Driving high is driving impaired*** **NEW**

Pot goggles, used to simulate the effects of marijuana use on cognitive functions, will show young drivers how to perform different manoeuvres.

**Audience:** Secondary IV and V as well as CEGEP students.

**Themes:** The effects of THC on the visual field and on the cognitive functions associated with driving a vehicle, and a focus on the myths and realities of cannabis-impaired driving.



### ***Good driving never gets old***

Clinics and conferences will include a driving simulator.

**Audience:** Seniors who use automobiles as their main means of transportation.

**Themes:** Signage and road safety, effects of medication on driving ability, autonomy versus retirement planning when it comes to driving.

Visit [CAAQUEBEC.COM/EN/CAA-QUEBEC-FOUNDATION](http://CAAQUEBEC.COM/EN/CAA-QUEBEC-FOUNDATION) for tour dates and venues in your region.

## DISCUSSION POINTS

### **RESPONSE REGARDING BREATHALYZERS**

Following the investigation and release of results on breathalyzers conducted in November 2016, Protégez-Vous and CAA-Quebec Foundation are giving manufacturers Contralco Canada and Alco Prevention Canada the opportunity to respond as follows:

“Contralco Canada and Alco Prevention Canada specify that their products have been certified to meet the technical reliability standards of several countries, and more specifically the following standards:

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- ▶ FDA: <http://bit.ly/FDAorganization>
- ▶ NF: <https://www.lne.fr/fr/services/certification>”

Éditions Protégez-Vous and CAA-Quebec Foundation reiterate that they do not recommend the use of breathalyzers.

## SCHOOL SAFETY PATROLLER OF THE YEAR

Congratulations to 2017-2018 School Safety Patrollers Sarah-Maude and Justine Gaumond, of école Monseigneur Sirois, at Cap St-Ignace. If your school doesn't yet have a safety patrol brigade, there's a simple way to set one up. For details, visit [CAAQUEBEC.COM/EN/CAA-QUEBEC-FOUNDATION](http://CAAQUEBEC.COM/EN/CAA-QUEBEC-FOUNDATION).



## OVERHAULING THE HIGHWAY SAFETY CODE /

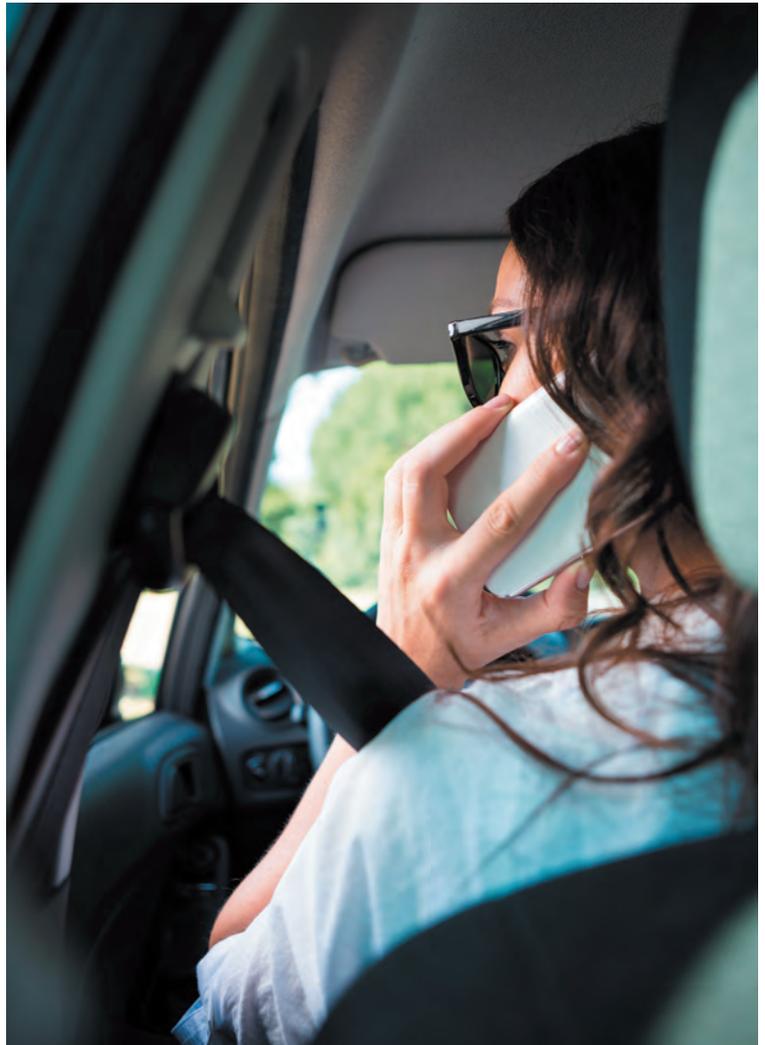
### Cellphone use and driver distraction

New Highway Safety Code rules – aimed at distracted driving and the use of electronic devices at the wheel – went into effect on June 30. Rule violations will now incur stiffer fines and more demerit points, and may even result in a driver's licence suspension.

These rules supplement those that went into effect this year on May 18, notably the curfew for drivers with a learner's permit and the restriction on the number of passengers that young drivers holding probationary licences are allowed. And there are other provisions concerning cyclists – for example, the reasonable distance to be maintained between cyclist and vehicle, fines, and new traffic rules regarding road shoulders, sidewalks and turning lanes.

This substantial overhaul of the Highway Safety Code, applauded by CAA-Quebec, is in keeping with the fundamental principle of respect for the most vulnerable road user.

More measures will come into effect in the following months. Note especially that the date for mandatory winter tires has been moved up from December 15 to December 1. However, the new date will not take effect until 2019.



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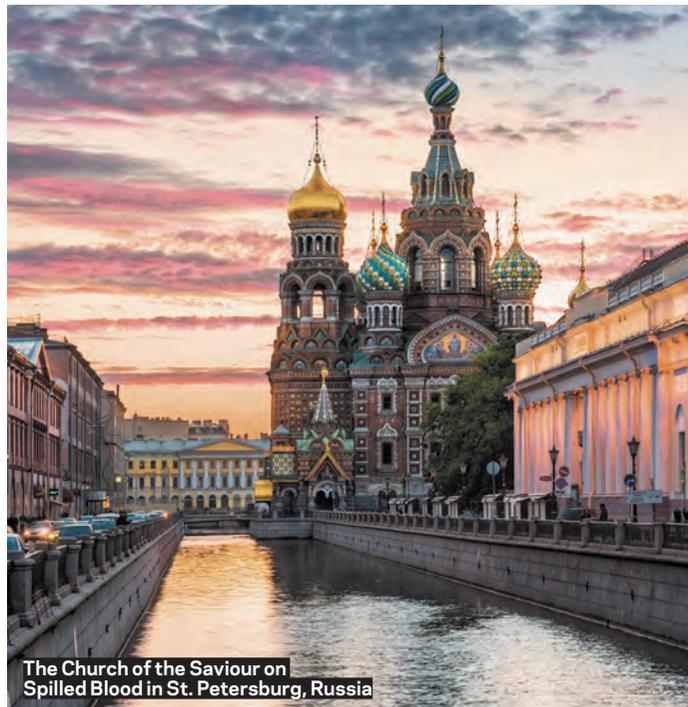
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The Church of the Saviour on Spilled Blood in St. Petersburg, Russia

## THE ASSISTANT

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and a hormonal imbalance are all key factors in causing insomnia. Whether these apply in your case or not, here are a few tips to help you fall asleep. Be sure you expend some energy during the day. (At least 30 minutes of moderate physical activity is a good idea.) Two hours before bedtime, avoid any kind of screen time – television, tablet or telephone. Hot milk or a calming tisane can also help, provided you don’t have the habit of waking up to use the bathroom. If you eat dinner early, have a protein snack later in the evening to avoid feeling hungry during the night. Insomniacs can benefit from a systematic pre-bedtime routine that includes removing makeup, brushing teeth and reading (but avoid books that are too absorbing). Meditating or deep-breathing exercises are other options. If you still keep twisting and turning in bed, get up after 15 minutes and try again a little later.

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## MEMBER TESTIMONIAL

# Enjoying the good things in life

**It was a fine summer afternoon in August 2017 - full of sunshine and old friends. The good times continued into the night as the wine flowed. Happily, CAA-Quebec also played a role that night.**

For Sylvie Lévesque and her spouse, there was never any question of driving home once alcohol had been consumed. Lévesque regularly did online searches to check her CAA Dollars balance and for news from the CAA Dollars and Discounts program. That was when she discovered our Drive-You-Home service. “I often told myself I’d use it when the opportunity arose,” says this 15-year CAA-Quebec member.

The opportunity finally presented itself that day. “The sun was shining and we had been invited to

spend the afternoon with friends. We chatted, enjoyed nibbles and, as time passed pleasantly, we ended up staying for dinner. We continued drinking wine – which was, by the way, delicious! When we were ready to leave, I remembered the CAA-Quebec Drive-You-Home service and quickly called \*CAA from my cell-phone. About 20 minutes later, a tow truck showed up.” After signing forms, the Lévesques climbed into the cab of the truck while the patroller loaded their car onto the tow-truck platform.

“I must admit that several of our friends were very surprised when they saw the tow truck arrive. No one knew about the service, and several thought it was an excellent idea,” recalls Lévesque.

The ride went off without a problem. “Thanks to CAA-Quebec, we arrived home safely, without putting anyone in danger. It was a super evening that ended very well,” Lévesque adds. Drive-You-Home, which is included in her membership, spared her taxi fare and having to return to pick up her car the following day.

**TELL US YOUR EXPERIENCE WITH CAA-QUEBEC** ▶ Does your no-stress card give you a boost? Email your story to [CAAQUEBECMAGAZINE@CAAQUEBEC.COM](mailto:CAAQUEBECMAGAZINE@CAAQUEBEC.COM). It could appear in the next “Member Testimonial” column and earn you 100 CAA Dollars.



ANGELINA MICONIATIS,  
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### QUESTION / What are the advantages of choosing a cruise or a hosted tour?

- F. HUARD, SAGUENAY

A tour host, as the name suggests, accompanies you on your trip from start to finish. As travelers familiar with hosted tours will tell you, the host accounts for 80 percent of a trip's success. Unfortunately, several operators have decided to do away with Quebec-based tour hosts in favour of local guides at destination. But that's not the case here at CAA-Quebec Travel. Our tour hosts report for duty the minute you arrive at the departure airport, ensuring, among other things, that check-in and flight-connection procedures run smoothly.

During the trip, the host is your closest ally. His or her number-one priority is to make sure that everything goes well in terms of comfort and satisfaction. He or she is responsible for leading the group, liaising with various suppliers – like hotels, ground transportation, restaurants – and local guides, confirming

your return tickets and supervising emergency repatriation, and planning day trips and even some evening activities. In a nutshell, a tour host sees to it that everything proceeds smoothly throughout your entire trip.

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EXPERIENCE THE BENEFITS

# Successful BASEMENT RENOVATIONS

Whether you're undertaking a total remodel or just sprucing things up, proceed as follows to ensure your basement renovation runs smoothly.

ADAPTED BY ALAIN TITLEY FROM AN ARTICLE  
BY CARLY PETERS

## Plan properly

The basement has become an extension of a home's living space, offering an opportunity for additional bedrooms, bathrooms or dens. It's one space in your house that's highly versatile and, when finished, can add significant value to your home.

But before you begin breaking up concrete and putting up drywall, sit down with pen and paper (or design software) and sketch out how you can best use the space.

Mark the positions of the water heater, plumbing, sewer pipes, drainage, sump pump and other fixtures that can't be moved.

Also be sure to thoroughly consider the financial implications and prepare your budget in terms of your objectives – the cost isn't the same if the space is intended for a teenager, a kids' playroom, or a media room – factoring in any work that you plan to do yourself. How big a work crew will you need, and for how long? So many questions that need thinking about beforehand.

## Make it legal

Doing a DIY renovation? There are permits and other legal considerations to take into account. If it's a non-structural renovation like laying a new floor, you don't need a building permit. But if you're



moving a support post, adding a wall or a window, or converting the space to a rental unit, you must obtain a building permit from your municipality.

If you're doing your own renovations, apply for electrical and plumbing permits from your municipal planning and development department before you begin work. If you work with a general contractor who uses his or her own suppliers, make sure he or she gets the necessary permits.

You can do the plumbing work yourself, but you must use a member of the Corporation des maîtres électriciens du Québec (CMEQ) for any electrical installation.



## IF YOU'RE DOING YOUR OWN RENOVATIONS, APPLY FOR THE NECESSARY PERMITS FROM YOUR MUNICIPALITY BEFORE YOU BEGIN WORK.

### What are the signs of water problems?

Look for mould and traces of efflorescence (a white coating) on foundation walls, as well as wet floors. If the windows are below grade, newly installed or otherwise, make sure that the egress window has sufficient clearance to provide an emergency escape and that the ground is properly drained so the water will be directed toward an underground French drain.

**How can homeowners prevent water damage?** The best solution would be to excavate the outside perimeter of the foundation, then waterproof the foundation walls and install a French drain.

**Are there any quicker fixes?** If you see a small crack on a wall, apply caulking from the inside. Make sure downspouts discharge water one to two metres away from the foundation. If you have a negative slope against the house, build it up. And a sump pump can be your best friend: It collects any water coming in from the outside.

### Humidity is the worst enemy

Water infiltration can seriously affect any work you've done. So, before you start, consider the following recommendations to avoid potential problems.

#### What causes water issues in basements?

Under heavy rain conditions, water infiltration can occur through cracks in the foundation. Land grading and sloping – and proper downspouts – will help, but be sure to repair the tiniest cracks you see, especially on a foundation wall; otherwise, water will seep in no matter what.

## SIGNIFICANT SAVINGS

Check out these CAA-Quebec partners for savings toward future renovations:

**BÉTONEL DULUX** ▶ 25 percent off and 3 percent back in CAA Dollars on Bétonel and Dulux paints, plus 10 percent off on paint accessories (some restrictions apply)

**1-800-GOT-JUNK** ▶ 15 percent off junk removal services

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**HYDRO SOLUTION** ▶ \$60 off the purchase or rental of a 40- or 60-gallon water heater

**INFOTROLIX** ▶ \$150 off an AquaProtect system and 10 percent off the NoWa system

**SIMPLEX EQUIPMENT RENTAL** ▶ 10 percent off equipment rental

**LUMEN** ▶ 3 percent off regular prices (before taxes) of a wide range of electrical products

**THALASSA PLOMBERIE DÉCORATIVE** ▶ 3 percent off regularly priced bathroom and kitchen items bought in store (1 percent off purchases by a contractor for a renovation project)



Consult the list of CAA-Quebec-approved home suppliers, which offer up to a 5-percent discount on labour costs, at ▶ [CAAQUEBEC.COM/EN/AT-HOME/APPROVED-SUPPLIERS/](http://CAAQUEBEC.COM/EN/AT-HOME/APPROVED-SUPPLIERS/).

## RENOVATIONS

# ARE YOU PROPERLY INSURED?

Your insurer must be kept informed of any renovations – before, during and after the process.

BY JACQUELINE SIMONEAU

### Before

- ▶ Contact your insurance agent to assess the risks associated with the work and to see if additional coverage is required. Ask if the conditions, exclusions and limitations stated in your homeowner policy will apply during renovations.
- ▶ If you contract out the work, be sure that the contractor and his or her subcontractors have adequate professional civil-liability coverage against renovation-related injuries and damage.
- ▶ If you tackle the work yourself, CAA-Quebec Vice-President – Insurance Suzanne Michaud recommends you check your own civil-liability coverage, especially if friends and family members are helping out. Generally, non-professional helpers who've injured themselves during renovations at your home can be compensated by your insurance policy if they can prove there was negligence on your part.

### During

- ▶ Make sure that building materials bought and kept on the premises (house, land, outbuildings) are covered by your home insurance policy.
- ▶ Several insurers do not cover water damage while the property is unoccupied or under construction. Check with your personal insurer about such coverage.

### After

- ▶ You must contact your insurer once the work is completed. “Your renovated house might have increased in value,” Suzanne Michaud points out, “which means you need to adjust the amount of



### WHILE REVIEWING YOUR INSURANCE NEEDS, THINK ABOUT PROTECTING YOUR HOME AGAINST WATER DAMAGE.

▶ All-risk home policies include water damage caused by overflows from appliances (water heater, dishwasher, bathtub, toilets) and the water-inlet pipe inside the house. But you can get additional coverage in the form of endorsements, the most common of which are for sewer backups, sudden and accidental seepage of ground or surface water, sudden and accidental leaking of rain or snow through the roof, walls and windows, and damage caused by a broken water-inlet pipe to parts of the property outside. Note, however, that damage caused by humidity, condensation, mould growth and gradual deterioration are not covered. Also, Suzanne Michaud notes that insurance companies generally limit the water-damage amount of coverage. Be sure to check with your insurer.

coverage to reflect the new situation and ensure adequate compensation in the event of a loss.” Conversely, some renovations may trigger a premium reduction, especially if they help lower risk levels (for example, converting from oil to electric heat).



## SOUND INSULATION

# SILENCE IS GOLDEN

**We live in an extremely noisy world. And that explains why we long to make our home a haven of silence and serenity.**

BY CHANTAL LAPOINTE

Noise can be a major nuisance in an apartment or even a house. The constant clamour of neighbours slamming doors, of loud televisions, or of people arguing long into the night frazzles our sense of well-being, sleep and peace of mind. “Good sound insulation can help,” says Jessie Guité, founder and president of Isolation Multi-Services.

### Identifying noise sources

There are two kinds of building noise: airborne and impact. Airborne noise refers to background sounds of music, television sets or people talking. Impact noise can be the sound of a neighbour’s footsteps, a running dog or cat, or an object falling onto the floor. According to Marco Lasalle, technical services manager of the Association des professionnels de la construction et de l’habitation du

Québec (APCHQ), only airborne noise is regulated by the building code of the Régie du bâtiment du Québec. “But this type of noise is easier to block,” Lasalle points out. “It’s the impact kind that poses potential problems.”

## Solutions

If you have a real noise problem, contact a sound-proofing expert. He or she will analyze the building, talk to you about possible sources of the offending noise, measure its decibel level and come up with potential solutions. For example, if it comes from an air duct, then a ventilation expert can help. If it’s an overhead neighbour who loudly paces back and forth, then the floor cavities need to be insulated (with cellulose insulation) and the ceiling reinforced (with double-layer gypsum secured with resilient metal studs). Naturally, this particular intervention requires opening up floors and ceilings and, experts agree, doesn’t entirely resolve the problem because noise travels. It can seep through staircases or gaps under doors. It’s therefore simpler to install sound insulation while the house is under construction rather than trying to correct the problem later. “You’ll save as much as 80 percent of the cost,” says Guité. “Be sure to use high-performance windows and solid-core doors made of solid wood and enhanced with sound striping. This will make a huge difference.”

## Sensible options

There are strategies for reducing both airborne and impact noise, says interior designer Victor Vandelac. “Choose wood over glass or ceramics, for example. Fabrics also absorb interior noise. In addition to drapes, rugs, throws and cushions, the use of felt or rubber furniture pads and soft-closing mechanisms on cabinet doors and kitchen drawers helps. If you live in an apartment or condo, arrange the furniture in such a way as to minimize invading noise. “Don’t place the head of your bed against a wall that has a common staircase on the other side,” says Vandelac. “Also, remember that a minimalist environment is more susceptible to echoes. Noise travels more freely within an empty space.”



► For more information, consult the magazine’s digital version.

## GOOD TO KNOW

The Canadian Mortgage and Housing Corporation (CMHC) dictates that walls built to attenuate the transmission of airborne sounds must contain the following:

- Two layers or more of materials that, without being connected to a particular area by solid materials, ensure a degree of airtightness;
- The heaviest materials possible;
- The deepest cavity possible, filled with absorbent material;
- An airtight construction, particularly at points of penetration.

If you are particularly sensitive to noise and, as a result, know what it’s like to suffer the consequences, be sure to request a pre-purchase acoustic test.

If the property is already inhabited, it can still be tested for sound transmission.



**PEACE AND QUIET IN A CONDO** ► According to the experts we consulted, noise problems are most acute in newly constructed condominiums. Developers often cut corners on sound-insulation costs. “Potential condo buyers should inquire about acoustic performance from promoters, brokers and neighbours alike. If you plan to buy after looking at a blueprint, don’t just settle on assurances of concrete floors or superior soundproofing. Ask to see the insulation blueprint,” suggests Jessie Guité of Isolation Multi-Services. “Insist that the acoustic performance be written on the deed of sale.”

A building’s acoustic performance can be assessed by using the Sound Transmission Class (STC) system. An STC 50 rating means that you can hear your neighbours’ conversations. A higher number – STC 60, for example – means that you can only detect raised voices. The Canada Mortgage and Housing Corporation (CMHC) prescribes a standard Impact Insulation Class (IIC) rating of at least 55, and up to 60 to 65 in terms of quality construction.

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## THE LEFT LANE /

# IT'S RESERVED FOR PASSING!

## Warning: Highway drivers who hog the left lane could get a ticket!

BY NADINE FILION

Who hasn't been annoyed by a highway driver travelling a steady 100 kilometres an hour in the left lane? Have you ever flashed your headlights or tailgated a little too close for comfort before overtaking and passing – illegally – in the right-hand lane? Hogging the left lane is not only discourteous, but potentially dangerous and can even lead to road rage.

Already, most highway safety codes in North America state that slower-than-normal vehicles must stay in the right-hand lane (in other words, it is an offence to be in the left lane even if the posted speed limit is being respected). The left-hand lane is strictly reserved for passing or preparing to take a left-hand turn, not for driving as if you were alone in the lane. A 2011 PEMCO Insurance Northwest poll shows that, unfortunately, 50 percent of drivers are unaware that staying in the left lane is against the law.

## IN CANADA ?

British Columbia imposes a \$167 fine plus three demerit points for a first offence. Quebec fines range from \$60 to \$120 plus fees, but no demerit points are applied to your driving record.



Recently in the United States, several states have decided to crack down. New Jersey, for example, levies a fine that can reach \$300, plus \$50 for a fund to purchase and post “Keep Right Except to Pass” signs along roadways.



## FUTURE DRIVERS

# Getting your driver's licence

While young adults must register for driving lessons and theoretical training, there's nothing like real-life experience - provided it's well structured, of course. / BY ALAIN MCKENNA

Working full time and having lots of family and friends, Raphaël Le Pailleur, 21, felt no need to learn how to drive. Following a romantic breakup, however, getting a driver's licence and a car quickly became more attractive. "It's hard to meet people if you can't get out and about. So I signed up for a driving course," he says, pointing out that he felt old in a class where everything is designed for 16- to 18-year-olds.

That's the age when future drivers typically begin the 24-hour theoretical training program to prepare for the theory test. As for the practical exam, they must first complete 15 hours of in-car sessions. The entire driving course lasts at least 13 months.

"In the classroom, we were taught the risks and dangers resulting from bad driving habits. No wonder the first time I got behind the wheel, I felt stressed out," Le Pailleur confides. But, like 65 percent of candidates, he passed the exam on the first try. "Happily, driving itself turned out to be much easier than I thought!"

### The co-driver's role

In 2010, the Société de l'assurance automobile du Québec (SAAQ) reinstated mandatory driver education, recognizing that training is exactly what helps new drivers develop safe driving habits from the outset. Not every parent of today's aspiring drivers had proper driving lessons in their own day and so, in a way, they are at a disadvantage.

The SAAQ thoroughly reviewed its road safety code last summer. "Road users must always be mindful and vigilant of one another's presence so they can safely and comfortably share the road. Safety must be a top concern each time you hit the streets," explains SAAQ President Nathalie Tremblay.

Family and friends, especially parents, of young drivers all have an important role to play in ensuring respect for the new SAAQ requirements. "Also, student drivers must be accompanied by a qualified co-driver, someone with exemplary road manners," says CAA-Quebec Driving School Director Hamid Rekouane. Being with the novices during their lessons also helps reduce parental anxiety. You'll be less nervous in a vehicle driven by your teen if you're familiar with his or her driving habits.

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Once the student driver has passed all the exams, he or she will be given a probationary licence. It is valid for 24 months and comes with some restrictions: only four demerit points allowed and zero tolerance for alcohol and drug violations. After the 24-month period expires, he or she will be eligible for a Class-5 driver's licence (for passenger vehicles).

### The observe-evaluate-act (OEA) strategy

Clear and easy to memorize, the OEA acronym can help drivers avoid many a misadventure, especially now that driver distractions proliferate and, says Rekouane, "it's increasingly difficult to remain focused on the road." But it's up to motorists to remember this advice when they find themselves alone behind the wheel. Le Pailleur certainly appreciates it. "It's all very well to discuss safety codes and driving techniques in class," he says, "but nothing prepares us for driving quite like in-car training."

## HOW CAA-QUEBEC HELPS FUTURE DRIVERS

The organization offers courses and related training to master driving skills. These include:

**CUSTOM-DESIGNED COURSES** ▶ In addition to the mandatory basic course, CAA-Quebec driving schools provide personalized training focused on specific skills – like parking, highway driving, and reducing driving-related stress, to name only a few.

**WINTER DRIVING** ▶ Driving techniques change with the first snowfall. So be prepared! This course will help drivers get ready to tackle winter roads.

**DRIVING SIMULATOR** ▶ The CAA-Quebec simulator reproduces different driving conditions to help learners practise coping with diverse situations. It's an effective tool to test

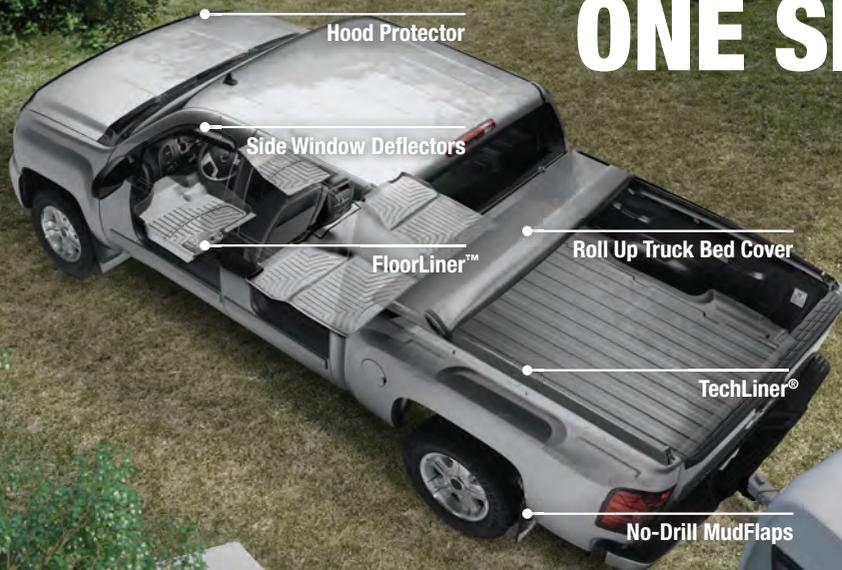


driver reactions in a controlled environment, regardless of their age or driving experience.

**DRIVING WITH A TRAILER** ▶ This course teaches the basic principle of driving with a trailer hitched to a vehicle. It allows the learner to get a better idea about blind spots as well as practise backing up and changing lanes.

**AWARENESS-RAISING IN HIGH SCHOOLS** ▶ Talking to young people in a simple, but concrete, language will help them realize that driving really requires our full attention.

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# FIVE TOPICS TO REMEMBER

## while with a driver-in-training

Parents play a crucial role in the behaviour of young adults behind the wheel. Here are five tips to help them become better drivers.

### 01 BEWARE OF YOUR OWN BAD HABITS

Inappropriate and unbecoming behaviour (road rage being an extreme example) and little respect for the Highway Safety Code are not hereditary traits, but are easily transmittable. “My parents don’t drive like that” is a line instructors often hear when asking their students to perform certain manoeuvres. Yelling at other motorists, not braking completely at stop signs, and having a poor driving posture are examples of bad habits that parents unwittingly pass on to their children, says CAA-Quebec’s Hamid Rekouane.

### 02 THE BIGGEST MUST LOOK AFTER THE SMALLEST

The Highway Safety Code has been overhauled to reflect today’s automobile reality. It introduces a new road-sharing responsibility: the largest vehicles must take better care of the smallest. And conversely, since the goal here is to instil the notion of driver courtesy, what matters most is not just knowing how to drive, but also how to behave on the road. By extension, the motorist becomes responsible for the safety of cyclists and pedestrians crossing his or her path.

### 03 CELLPHONE AND GPS NAVIGATION: SAME BATTLE

The law forbids using a cellphone while driving, and it has become even stricter since the beginning of this summer. Once the engine is started, the prohibition extends to any hand-held connected device, including GPS, even when the vehicle is immobilized at a red light or stop sign. Fines are also stiffer: \$300 to \$600 plus five demerit points, and double that amount for a repeat offence. The fines are also accompanied by an automatic driver’s licence suspension for a maximum period of one month if the device is not on a stand.



### 04 CANNABIS AND ALCOHOL: SPEAK FRANKLY

As yet, the SAAQ has no concrete plans – and driving schools are not yet geared up – for cannabis legalization. It will therefore be up to parents to explain to their children the effects of marijuana on driving behaviour. As with alcohol, experts recommend zero tolerance.

### 05 AUTOMOTIVE TECHNOLOGY

Assisted driving, smart cruise control, autonomous cars... you might imagine that modern vehicles are safer than ever. “Well, that’s far from certain,” says Rekouane. “Avoid any risks whatsoever, even if there’s only one single human-driven vehicle on the road,” he warns.



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## AUTO INSURANCE AND NEW DRIVERS

BY JACQUELINE SIMONEAU

Insurance is a must whether you hold a learner's permit, a probationary licence or a driver's licence. If you use the family car, you must be identified as an occasional driver on your parents' insurance policy, in which case you can benefit from advantageous rates. In fact, it helps to accumulate a few years of driving experience on your parents' plan before buying your first insurance, as a clean driving record is bound to reduce future premiums.

On the other hand, if you have decided to buy a car, you must purchase your own policy. Civil liability insurance that covers property damage caused to others is mandatory, whereas insurance for personal damage is optional. "Civil liability coverage alone is generally recommended if the vehicle is more than 10 years old," says Suzanne Michaud, Vice-President-Insurance at CAA-Quebec. Be aware: If the vehicle serves as collateral for its own loan,

the creditor could demand that you obtain your own damage car insurance.

But shop around. Premiums for exactly the same protection vary widely from one company to another. Note that several insurers give discounts to full-time students.

### The risk factor

Note also that insurers establish premiums based on risk. Factors like age, gender, place of residence and driving record, among others, influence the rates. Sport cars, for example, are more expensive to insure because they are prime targets for car thieves and repair costs are higher. The same goes for new vehicles, compared to used models. "Before buying your first car, check with your insurer about premiums for the particular model you have your eye on," recommends Michaud.



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## 2018 BMW X3

**PRICE:** \$50,245 to \$80,940

**PROS:** Powerful and refined engine, excellent transmission, sporty handling, roomy interior, flawless finish, automatic emergency braking is standard.

**CONS:** Suspension is sometimes harsh (M Sport package), high measured fuel consumption, costly and numerous options, staggered front and rear tires (M Sport package), touchy defrosting.

► BMW chose 2018 to launch the third generation of the X3, nearly 15 years after the model's introduction. Redesigned from the ground up, it is underpinned by a new platform derived from that of the latest Series 5 and Series 7. The gasoline engine is updated, and a plug-in hybrid is expected. After much foot-dragging, BMW Canada finally decided to deliver several advanced safety features as standard equipment.

Agile, dynamic, spacious, luxurious and refined, the redesigned X3 is a success in every way, or almost: the suspension may be a bit too firm for people with more specific demands for comfort. Fuel economy also was unimpressive, even after factoring in the cold weather during our test. In every other aspect, drivers prepared to pay will find they are getting much more than a prestigious brand name.

### TESTED MODEL

**ENGINE:** 2.0-litre turbo direct-injection 4-cylinder (248 hp)

**TRANSMISSION:** 8-speed automatic with manual mode

**DRIVETRAIN:** All-wheel-drive

**TEST TEMPERATURE:** -22°C to 3°C

**TESTED FUEL ECONOMY:** 11.8 L/100 km

## 2018 HONDA ACCORD

**PRICE:** \$28,260 to \$40,860

**PROS:** Smooth, lively 2.0-litre engine, efficient transmissions, dynamic handling, spacious cabin, simplified controls, advanced safety features are standard.

**CONS:** Noisy 1.5-litre engine, insufficient soundproofing, poor finish in places, ride is sometimes stiff, low seating.

► The iconic Accord is entering its 10th generation for 2018, a full 42 years after its introduction. This time, the remake does not just touch on the silhouette and cabin. The platform and turbo engines are all-new, and the V6 is no more. A 10-speed automatic transmission makes its appearance, but purists will be heartened by the fact that a manual is still listed, though no one knows for how long. The coupe has been discontinued, leaving the sedan to fill the stage, again with a hybrid version on tap.

There is no denying that the SUV has replaced the car as the family vehicle of choice. True, it is difficult for a traditional sedan to compete with a sport-ute in terms of versatility, especially when it is equipped with all-wheel drive. However, very few SUVs can provide the blend of space, handling, fun driving and (relative) frugality of a midsize of the calibre of the Accord, at least for the same price.

### TESTED MODEL

**ENGINE:** 1.5-litre turbo direct-injection 4-cylinder (192 hp)

**TRANSMISSION:** Continuously variable automatic with manual mode

**DRIVETRAIN:** Front-wheel drive

**TEST TEMPERATURE:** -22°C TO -6°C

**TESTED FUEL ECONOMY:** 8.8 L/100 km





## 2018 HYUNDAI KONA

**PRICE:** \$22,804 to \$33,954

**PROS:** Good handling, pleasant steering, lively turbo engine, generous standard equipment, easy-to-use controls.

**CONS:** Hard armrests, stiff suspension, very noisy ride, complicated access to advanced safety equipment, imprecise blind-spot alerts.

► With the arrival of the Kona, Hyundai becomes one of the last automakers to enter the subcompact crossover category. On paper the newcomer checks all the right boxes: diminutive size, high driving position, range of models, optional all-wheel drive. Add to that a choice of two engines (rare for the category), a soon-to-come electric version (with the promise of a 400-kilometre driving range!) and flamboyant, head-turning styling. Does it all come together as planned?

The Kona is a seductive package, with Hyundai's famed price-to-equipment ratio as starters. Then there's the unexpected: dynamic handling, lively performance with the turbo engine and a surprising amount of space, considering the size of the vehicle. However, if you often drive long distances, you'll have to contend with ride stiffness and noise that are much better subdued by certain of the Kona's rivals.

### TESTED MODEL

**ENGINE:** 1.6-litre turbo direct-injection 4-cylinder (175 hp)

**TRANSMISSION:** 7-speed dual-clutch automatic with manual mode

**DRIVETRAIN:** All-wheel drive

**TEST TEMPERATURE:** 9°C to 31°C

**TESTED FUEL ECONOMY:** 8 L/100 km

## 2018 MAZDA 6

**PRICE:** \$28,795 to \$41,045

**PROS:** Excellent balance of comfort and handling, convincing turbo engine, improved sound insulation, comfortable seats, luxurious finish, automatic emergency braking is standard.

**CONS:** Tight headroom, complexity of certain controls, base engine a bit weak at low RPMs, manual transmission discontinued.

► A second partial remake in five years? That's what Mazda had in store for the third generation of the Mazda 6 for 2018. On the menu, a styling refresh, a dashboard redesign and more upscale materials, as well as a host of changes to elevate the level of refinement. A turbo engine seconds the 2.5-litre 4-cylinder, the only available engine since 2013. The manual transmission is no longer listed, since it is not compatible with the cylinder-deactivation system now equipping the base engine.

The 2018 edition of the Mazda 6 is a perfect example of the "small steps" theory. More agile than ever since the 2013 renewal, technologically up to date thanks to the 2016 mini-remake, it finally gains the comfort and power it lacked to compete with the top players of the segment. It is unfortunate that the evolution culminates just as sedans are falling out of favour, because the crossovers that replace them rarely strike such a fine balance.

### TESTED MODEL

**ENGINE:** 2.5-litre turbo direct-injection 4-cylinder (227 hp)

**TRANSMISSION:** 6-speed automatic with manual mode

**DRIVETRAIN:** Front-wheel drive

**FUEL ECONOMY, CITY/HIGHWAY COMBINED (NATURAL RESOURCES CANADA):** 8.9 L/100 km





## 2018 MITSUBISHI ECLIPSE CROSS

**PRICE:** \$29,498 to \$39,198

**PROS:** Engaging drive, precise steering, compliant ride, quiet interior, roomy cabin, unbeatable warranty.

**CONS:** Complex infotainment controls, smallish trunk, restricted access to automatic emergency braking, poor rear visibility, high price.

### TESTED MODEL

**ENGINE:** 1.5-litre turbo direct-injection 4-cylinder (152 hp)

**TRANSMISSION:** Continuously variable automatic with manual mode

**DRIVETRAIN:** All-wheel drive

**FUEL ECONOMY, CITY/HIGHWAY COMBINED (NATURAL RESOURCES CANADA):** 9.3 L/100 km

► The Eclipse Cross is the first all-new product from Mitsubishi since the arrival of the RVR in 2011. This stylized crossover uses an extensively revised version of the platform that underpins the RVR and the Outlander, which bookend it in the Mitsubishi lineup. The Eclipse Cross comes standard with all-wheel drive and features a 1.5-litre turbo four-cylinder that will find its way into other models displaying the three-diamond badge.

The Eclipse Cross comes as a nice surprise from the smallest automaker in our market. Dynamic handling and a well-adapted engine make it enjoyable to drive, for an SUV. The comfortable ride and quiet, roomy interior are appreciated on relaxed jaunts. At this price, however, more could be expected in terms of advanced safety, versatility and user-friendly technology.

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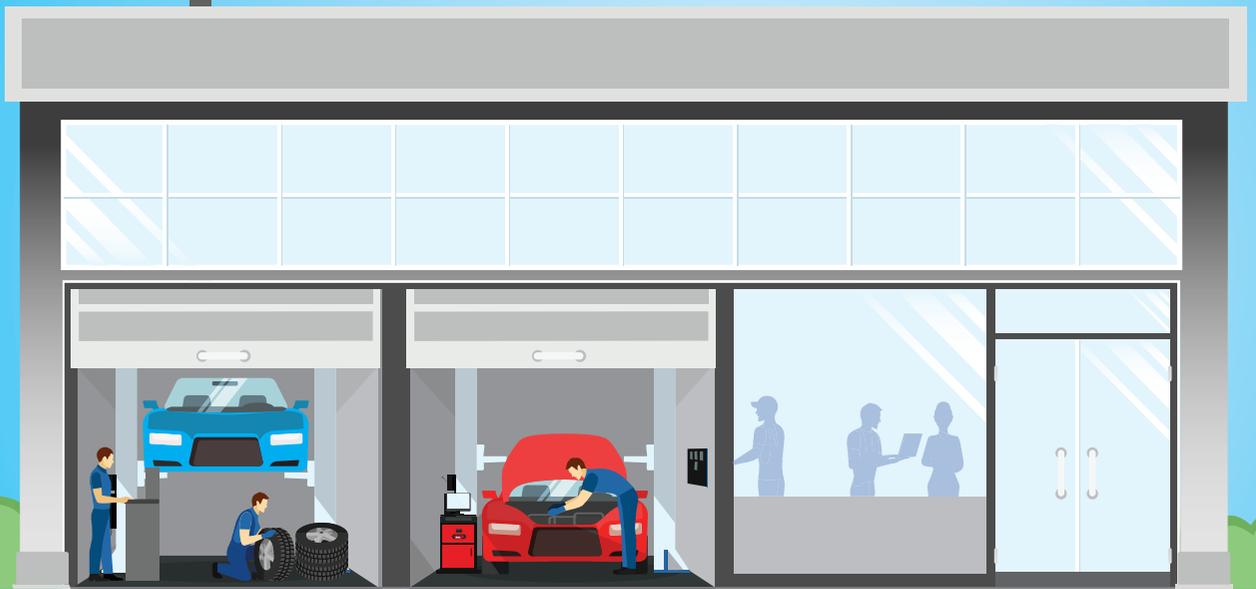
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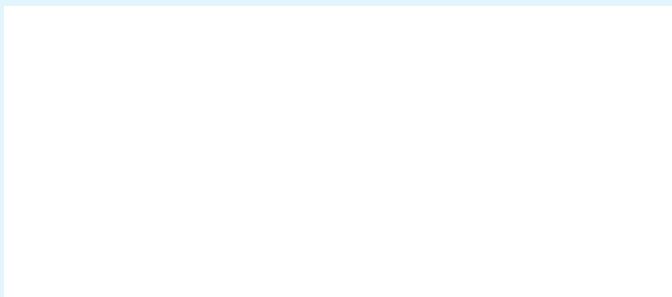
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