

compass

Travel / Auto / People / Leisure

WHERE ARE YOU?

SPICE ROUTE

I may have bitten off more than I can chew.

I'm in Salvador's colourful Pelourinho neighbourhood, and I've just tasted the city's lively vibe in one oh-so-spicy bite of its iconic *malagueta* pepper.

Like the pepper, this former capital of Brazil heightens the senses. Easter egg-hued colonial-era mansions, cobblestoned streets and ornate cathedrals, many of which were recently restored, set a festive mood. Briny sea air soothes as you stroll. I sample other local specialties: a lime-y caipirinha and a hearty fish stew topped with bright orange *dende* oil, an extract from African palm.

A line of people practising capoeira appears on the street alongside visitors and vendors, and I yield to their beat, an Afro-Brazilian musical blend as feisty as that pepper.

—Becca Hensley

MANY STREET VENDORS
IN PELOURINHO
WEAR TRADITIONAL
BAIANA DE ACARAJÉ
CLOTHING

PHOTOGRAPHY JOHN MICHAELS/ALAMY



SALVADOR
BRAZIL

LOCATION

12.9777° S
38.5016° W

POPULATION

2.85
million

DID YOU KNOW?

Expect spicy cuisine in Salvador, since most dishes contain *malagueta*. The *dende* oil balances the heat, as do ingredients such as coconut milk, bananas and okra.

ASK AN EXPERT

SHOP TALK



CAA auto expert
Michael Schmidt
answers your questions

I replaced the 265/65/17 tires on my Toyota Tacoma pickup with 255/70/17 tires, and now the front tires look soft. Do my replacement tires require the same factory-recommended pressure of 29 psi?

Jim Hunter

A: I always suggest inflating the tires to the factory-recommended setting. (You can usually find this on a plate on one of the front doors.) But if you upgraded to tires with a light- or heavy-duty rating, they may require more pressure, so you should consult the tire manufacturer. Your tire pressure will also need to be adjusted to meet load ratings.

My 2010 Lincoln has 283,000 kilometres and needs a new transmission. My mechanic quoted me \$1,500 to rebuild it and told me the engine is still good. Is it worth repairing?

Livio DiCarmine

A: The quote seems very reasonable, and the value of any vehicle is in the owner's hands. Given the vehicle's mileage, you seem to really enjoy driving it. If it's been good to you, and you enjoy getting in it every day, then repairing the car should be worth it.

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TRAVEL TIPS

stop bellyaching

Parasites are the last souvenir you want to bring home from a warm-weather vacation this winter. Here's how to avoid them. —*Melody Wren*

Twenty-nine per cent of Canadian travellers return home with a parasite, according to estimates by Dr. Andrea Boggild, medical director of the Tropical Disease Unit at Toronto General Hospital. Symptoms often resemble stomach issues at first, but can lead to long-term complications without treatment. If you're travelling to a high-risk destination—which includes several Caribbean islands, East and West Africa, Peru and Southeast Asia—follow these tips to leave parasites behind.

THE DOS AND DON'TS OF AVOIDING PARASITES

DO

Talk to a travel doctor before you go; they can advise you on specific parasites to watch out for in your destination.

DO

Clean all fruits and vegetables thoroughly with a brush, including those with peels. You can get a variety of common parasites by ingesting contaminated food or water.

DO

Wear insect repellent. Insect bites are a common cause of parasitic infections, since flies and mosquitoes can actually inject parasites into the skin as they bite.

DON'T

Swim or wade in freshwater streams, rivers and lakes. Doing so can expose you to schistosomiasis, second in seriousness only to malaria.

DON'T

Drink unfiltered water or unreliable tap water. The most common parasite among travellers is giardia, which is frequently acquired by swallowing contaminated water.

DON'T

Walk barefoot on sand or soil. *Strongyloides stercoralis* and other parasites can penetrate the skin if you go without footwear on contaminated ground.

DESTINATION

IN TWO THE WEST

Our guide to fun in Arizona's hot-spot Scottsdale city centre and cacti-dotted deserts –Emma Yardley



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2

IN DOWNTOWN SCOTTSDALE

EXPLORE

INDIAN BEND WASH GREENBELT

Cycle or walk the state's most popular shared-use path, which runs 35 kilometres past urban parks and tranquil lakes from the WestWorld event centre to Tempe Town Lake.

STAY

BESPOKE INN

This self-contained boutique property in the heart of the Arts District has guest

rooms with über Instagrammable custom fittings, a central courtyard where many of the furnishings were hand-built and an award-winning restaurant, Virtù.

SHOP

FASHION BY ROBERT BLACK

When it comes to vintage chic, this boutique is best in (runway) show. Their Old Hollywood-style designer frocks will have you starring in a change-room makeover montage.

EAT

FNB RESTAURANT

James Beard Award-winning chef Charleen Badman uses local produce (and Arizona wines) at her always-hopping spot in Old Town Scottsdale (1).

SPA

SANCTUARY ON CAMELBACK MOUNTAIN

While the resort is only 10 minutes off the highway, the spa's courtyard is surrounded by the red-rock face of its namesake mountain.

IN THE DESERT

EXPLORE

GRAND CANYON NATIONAL PARK

Lace up those hiking boots on one of the trails along the canyon's rim (2) as the park marks its 100th anniversary this year.

STAY

THE GRAND HOTEL

A 10-minute drive from the Grand Canyon's South Rim entrance, this lodge-style hotel is a great base for visiting the park and celebrating its centennial.

SHOP

CATTLETRACK ARTS COMPOUND

This group of studios on the outskirts of Scottsdale is one of Arizona's best-kept secrets. Find unique prints and limited-edition art books while mingling with the artists who made them.

EAT

STABLES RANCH GRILLE

Western stars John Wayne and Stewart Granger both enjoyed the

rustic atmosphere—and perfectly seasoned steaks—at this local institution in the tony art-colony town of Tubac.

SPA

HASHANI SPA

Set just outside the sprawling Tucson Mountain Park, this is a true desert destination, with signature treatments, like a Sedona mud wrap, that channel the healing properties of native plants and minerals.



EXPLAINER

GET A GRIP

Winter tires can save your bacon in cold, snowy and icy conditions. Here's a quick look at how they do it. —Andrew Raven



The Right Rubber

Winter tires are made of a much softer rubber than all-seasons. This helps them stay supple and grip the road in colder temperatures.



In Contact

Tires specially designed for ice are peppered with sipes. These tiny slits open as they come into contact with the road, giving the tire more surface area with which to grab the asphalt.



Channel It

Deep grooves and large lugs, or blocks, in the tread pattern help shunt snow away from the tire. That allows more rubber to hit the road, giving you better traction.



Bar Keeping

Winter tires are dotted with wear bars, small rectangular bumps in the tire channels. Once your treads get whittled down to these markers, the tires should be replaced.



Be sure to bring photo ID on winter road trips. You're now required to show it along with your CAA card if you request roadside assistance in the CAA South Central Ontario territory or in the U.S.

PROFILE

scents of purpose

Canadian entrepreneur Barb Stegemann turns crops from conflict zones into beautiful fragrances



Patchouli harvested from co-ops in Rwanda is the base for a namesake perfume (below)

IMAGINE TURNING FORMER WAR ZONES into fields of flowers for perfumes. That's what Barb Stegemann envisioned when she created The 7 Virtues. The company buys essential oils from farmers working to rebuild their lives after disaster or conflict, blends them into perfumes and brands the resulting scents with the slogan Make Perfume Not War.

She began in Afghanistan with orange blossom grown by Abdullah Arsala, a farmer who refused to cultivate the illegal poppies that the Taliban demanded, and has since expanded to Haiti (vetiver), Rwanda (patchouli), Iran (lime and basil), Israel (grapefruit), India (jasmine) and more. "My job is to make rebuilding sexier than destruction," says Stegemann, who started the company in her Halifax garage nine years ago with an advance on her credit card.

Today, The 7 Virtues' original perfumes are sold by Hudson's Bay, and a new line—the same ethically sourced ingredients, but in fresh combinations—is now available at Sephora. —Leslie Garrett



CULTURE

what's old is brewed again

Next year, a group of Belgian monks plans to launch a range of craft beers based on recipes that are nearly 1,000 years old.

They're the latest modern-day brewers looking to the past for inspiration. Here's where you can get a taste of yesterday. —Andrew Raven



THE GOLD STANDARD

**Midas Touch,
Dogfish Head Craft Brewery**

Delaware, USA

This mixture of wine, beer and mead was “2,700 years in the making.” The concoction was reverse-engineered from a yellow powder discovered inside a burial mound in central Turkey. Archaeologists believe the tomb, which dates to around 700 BC, is the final resting place of either King Midas—he of the golden touch—or his father; both ruled over what was then the kingdom of Phrygia.



THE MEDIEVAL MIX

**Weihenstephaner beers,
Bavarian State Brewery Weihenstephan**

Freising, Germany

Set in the heart of German beer country, Weihenstephan bills itself as the oldest brewery in the world. This idyllic former monastery has been cooking up a variety of beers since at least AD 1040, and the practice could go all the way back to 768. Today, it's run by the Bavarian government. But its beverages, including Kellerbier 1516, inspired by half-millennium-old brewing techniques, remain steeped in monastic traditions.



THE DIVINE INSPIRATION

**Grimbergen beers,
Grimbergen Abbey**

Grimbergen, Belgium

Monks have been brewing at this abbey near Brussels since its founding in 1128. In recent years, they've lent their name to a line of ales from Carlsberg, but in 2020 they're planning to open their own on-site microbrewery. It will feature recipes pulled from the abbey's nearly 1,000-year-old archives. Some of those formulas have [miraculously?] survived three major fires, including a blaze that razed the abbey during the French Revolution.

MILESTONE

CAMPAIGN TRAIL

Cars don't fit under the tree. So why are there so many advertisements insisting they make the perfect present?



The car-for-Christmas marketing trend goes back 100 years in Canada. By 1919, the Spanish flu had largely disappeared and most First World War servicemen had returned from overseas. Car ownership here had bloomed from 69,598 in 1914 to 275,746 in 1918, and auto dealers were anxious to continue that growth now that Canadians were home and ready to celebrate—and perhaps in need of personal transportation.

So they ran hundreds of holiday-themed ads in newspapers across the country. Ford's campaign promised “a lasting Christmas gift,” while Overland's offered “a gift of year-long pleasure.” The ads worked. Dealers sold another 65,570 cars in 1919 and created a marketing tradition that lives on today. —David Goss