

## Email keeps seniors in touch with family

By Kate Gilderdale  
Stouffville Free Press

Statistics show that more and more seniors are using email to stay in touch with family and friends.

Stouffville residents Jean Scott and Peggy Hooper say they love hearing what friends and family are up to. "I use my computer for email to my friends, to the Red Hats, church and other seniors. It's easy for me to get in touch with my grandchildren," said Jean. And with four children, 10 grandchildren and 23 great-grandchildren, she has plenty of keeping up to do.

Peggy has been going online for about five years. "If I were younger, I would get right into it. I get about six or seven emails a day, mostly from family members and also a few friends," she said. When her grandson recently graduated in Barcelona, he sent her a slideshow of his day.

Like everyone else, there are days when she sometimes gets frustrated by the glitches that are an inevitable part of modern technology. "I can't imagine not having my computer, although I get mad sometimes and say, no, I don't want to do this anymore."

Still, they both agree that on balance, having access to email is a big bonus. "It's great for keeping in touch with the outside world," said Jean.

## My trip will go on... and on... and on

By Laura Rochacewich

"You wanna go to Cambodia tomorrow?" This simple question began my trip into the heart of Cambodia. And not just any trip, but a trip that would never be forgotten.

After completing my time as an English teacher in South Korea, I decided to take an extended vacation. First stop on the list: Cambodia and the amazing temples at Angkor Wat. The trip turned out to be not so easy.

Adding to my fear of crossing the Cambodian border on foot, the road was not as smooth as Hwy 404, to put it mildly. It was made of clay and full of pot holes. The bus was sweltering and travelling at about 40 km an hour; there was no chance of a breeze. What I wouldn't have given for the GO Train at that moment. Why did I think that a six dollar trip into Cambodia was a good idea?

After eight gruelling hours on a clay road so bumpy that it rivalled the route to my parents' cottage, my insides had been turned upside down and everyone was ready to declare war. Keep your mind on the prize, I kept thinking. It will be worth it when we're there.

Interrupting thoughts of myself as a female Indiana Jones exploring temples, the slow moving bus came to a sudden halt. The bridge was washed out. There was no other way around. As if this were not bad enough, the bus just happened to break down at the same time.

Great. Ten hours was starting to look like an eternity. It was approaching midnight, I was stuck somewhere in the heart of Cambodia surrounded by

rice fields, cows and truck drivers. Things were not looking good.

Someone suddenly mentioned one word that had me pondering what possessions I could hide about my person. That word was 'hijackers'. Quickly everyone packed up and prepared to head across the broken bridge to our waiting rescue vehicle.

The situation went from bad to worse. Our rescue vehicle was a small pickup truck. There were 18 of us with backpacks the size of children. How was this going to work?

One gentlemanly man piped up and suggested that the women and children should go first. "It's like the bloody Titanic!" someone cried. I suddenly saw myself as Kate Winslet boarding the rescue boat, only with a lot more anger and much less grace. Would Celine Dion sing my theme song too?

After a seemingly endless period of time, I managed to survive the trip and restrain myself from kissing the ground. Thus began my determination to convince all would-be travellers that they should insist on flying into Cambodia.

To make a long story short, here is a summary of my bumpy adventure. Duration of trip: 18 hours. Cost: six dollars. Anti-nausea pills consumed: four. Titanic references: countless. Thoughts of self as Kate Winslet: continuous. Thoughts of self as famed archeologist: immeasurable. Seeing the temples of Angkor Wat: utterly priceless.

*Laura Rochacewich is a lifelong Stouffville resident and fearless traveller who has spent the last year and a half teaching English as a second language in China and South Korea.*

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