



A Touchmark® community  
Est. 1980

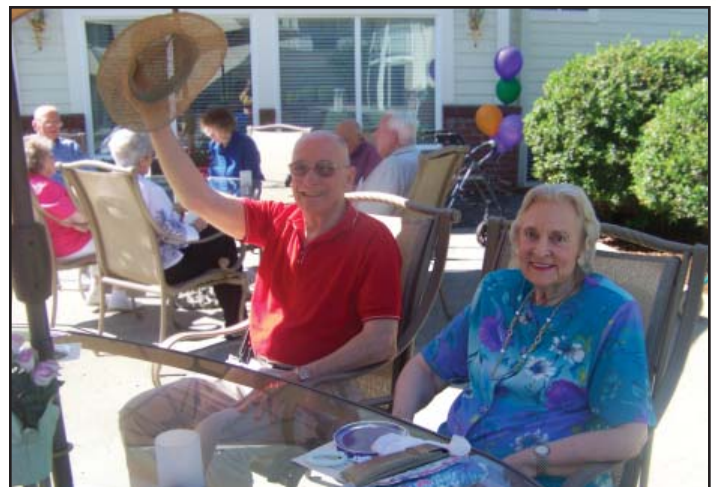
# Cheers and thanks—60 times ...



The second-annual volunteer party celebrated 60 residents who volunteer their time and talents in the Waterford community. Prior to the festivities, staff members wrote personalized thank you notes to each volunteer, who received them at the start of the party. Executive Director Eric Christensen hands a note to Flora Geiger.



The evening's entertainment featured the music of Nat King Cole and the Rat Pack. Vocalist Anthony Choice (right) performs a rendition of a popular tune with residents Jim King (left) and John Reynolds, who are singing harmony.



Gene Sauls and DeDe Williams are ready to enjoy the evening, which included a delectable dinner of creamy risotto simmered in sparkling wine, steamed white asparagus, and shrimp and beef kabobs.

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*(cont.)* **Why I volunteer:**

Paula Gardner, a library volunteer and chairperson of the Welcoming Committee, volunteers to be involved in the Waterford community. “I volunteer in order to be a part of the community I live in,” says Paula. “The volunteer appreciation party was a true demonstration of appreciation: great food, music, service, and [good] weather. Thank you.”

Art Committee Volunteer Virginia Johnson adds, “Volunteering here at the Waterford is a great way to spend your time. I have always been interested in art, and I enjoy being with the other residents who are on the Art Committee.”

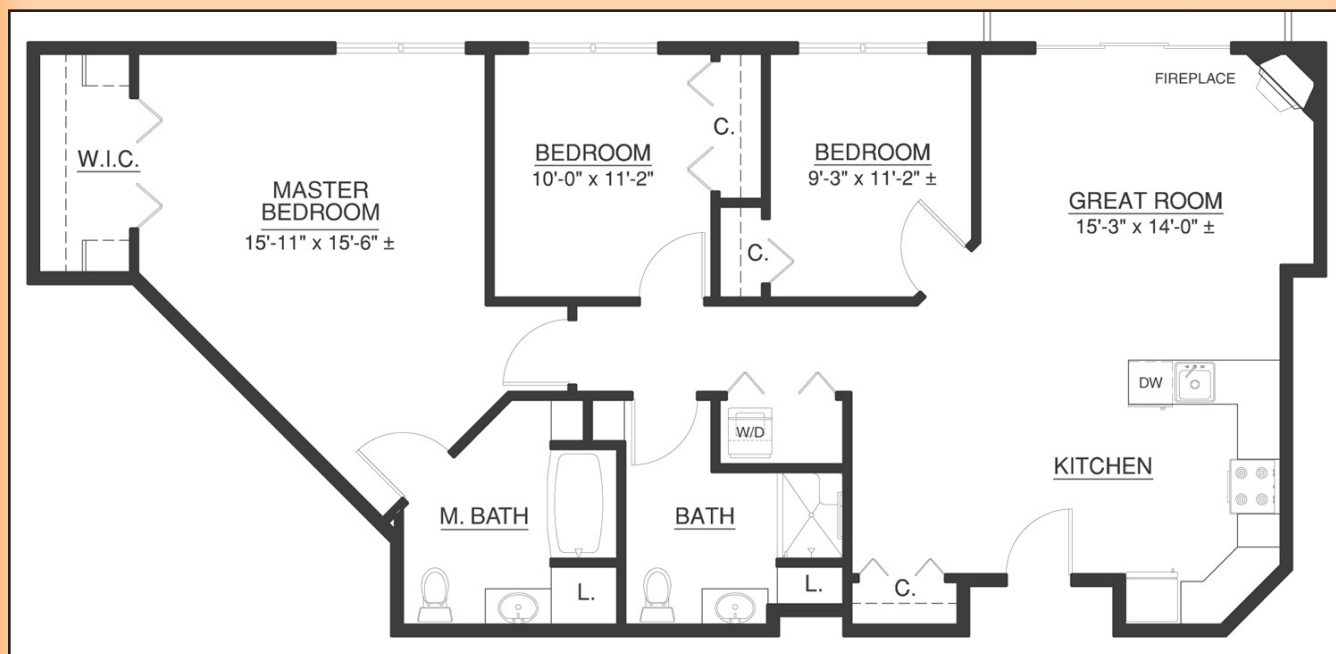
“Thank you, Waterford, for the wonderful volunteer celebration,” says Sandra Johnson, vice president of the

Executive Committee and chairperson of the Dining Room Committee. “It was well done and the thank you notes were special. Ken and I have volunteered at many different levels, and it makes you feel like you are giving back for all the nice things that have been done for you.”

“I volunteer if I think I will enjoy the experience and think I can make a difference,” says Don Gardner, president of the Executive Committee and a Great Decisions volunteer. “The volunteer appreciation party was well-organized—good food, and I left with the feeling of being appreciated.”

*Are you interested in volunteering? See the article on page three. ■*

## There's no place like home



Did somebody say “elbow room?” Apartment 369 has it, and more. This 1,320-square-foot home offers three bedrooms and two bathrooms. Enjoy the fresh summer air from your private balcony, and cozy up by the gas fireplace during the cooler days of fall and winter. New carpet, a full kitchen, washer and dryer, and walk-in closets round out the list of features that make this home special. Carefree, independent living with all the amenities Waterford has to offer—call today to experience Vancouver’s premier retirement lifestyle.

## Going green—and making a difference



**Marge Coalman, EdD**  
Vice President of Wellness & Programs,  
Touchmark

Whether they realize it or not, when residents move to a Touchmark community, they are making a commitment to conservation of resources. Environmental sustainability is Touchmark's vision, and the individuals who work and live in the community are the changemakers who contribute to the success of reducing the carbon footprint.

In new construction and renovation projects, environmentally friendly building methods and materials, energy sources, appliances, and furnishings are selected by Touchmark Development & Construction Company, a Touchmark subsidiary that seeks out and works with local "green" architects, developers, and builders whenever possible.

Touchmark at Coffee Creek (Edmond, Oklahoma) has qualified for the EPA's voluntary Green Power Partnership program. The partnership with Edmond Electric to offer "cleaner, greener" wind power to residents significantly reduces the need for fossil fuels. In fact, their current purchase of wind power to the Grandview building is equivalent to removing 121 cars from the road for an entire year or planting 186 acres of trees, according to the EPA.

At Waterford at All Saints (Sioux Falls, South Dakota), Waterford at Harwood Groves (Fargo, North Dakota), and Waterford at Fairway Village (Vancouver, Washington), recent renovations used environmentally friendly paint, carpeting, and other materials as well as energy-efficient fixtures.

Gardeners at Touchmark on West Prospect (Appleton, Wisconsin) teamed up with volunteers for a joint gardening venture this summer. At Waterford on

Saddle Drive (Helena, Montana), there is a concerted effort to recycle, headed by individual residents with the support of team members.

Each resident can contribute to the effort to "Go Green" in numerous ways. Some examples are:

- ◆ Using and reusing cloth shopping bags;
- ◆ Contributing no-longer-needed items to charitable organizations to use for fund-raising;
- ◆ Turning off lights and appliances when not in use;
- ◆ Turning down the thermostat in winter and up in summer;
- ◆ Using less water;
- ◆ Separating recyclables whenever possible;
- ◆ Taking advantage of community shuttles, buses, and other mass transportation offerings;
- ◆ Walking and cycling for better health and a healthier environment;
- ◆ Purchasing recycled products for use in the home.

Do you have other ideas for supporting a sustainable environment? Please send them to Executive Director Eric Christensen. ■

### Share your time and talents

Research continues on the positive impact of "giving back" in regard to the physical and emotional well-being of the volunteer.

Residents are encouraged to participate in a wide range of civic engagement opportunities, and they devote countless hours to community service for deserving programs and organizations. Touchmark also invites volunteers from the broader community to support activities and services.

Want to volunteer? Learn more by visiting our Web site or calling a member of the Life Enrichment/Wellness team.

## Authors in Residence Series

*Throughout 2009, Touchmark is featuring stories about authors (and their published works) who reside at Touchmark communities in the United States and Canada. The year-long series is a new aspect of Touchmark's award-winning Let Your Spirit Soar—a component of the Life Enrichment/Wellness program.*

### Pondering an age-old question

For centuries, clerical celibacy has been a topic of intense debate, mystery, and scrutiny. Scholars and theologians long have contemplated the origins of this tradition.

In his book, *About Celibacy, I Have No Instructions From the Lord*, published in 2004 by Trafford Publishing, cottage resident Carl Triebs does not question the validity of the doctrine of clerical celibacy. “I don’t offer any opinions on whether it’s a good or bad

thing,” he says. “I don’t know, and I don’t care. I just wanted to know the reasons why.”

When Carl was working as a systems engineer for the MITRE Corporation in Bedford, Massachusetts, a friend of his—who happened to be a Sacred Heart nun—approached him about the possibility of writing an article on the topic of clerical celibacy. “She was a great one for getting other people to write stuff, and she insisted I write an article,” he says. “I told her, ‘to cover this in an academic way, you can’t write an article, you need a book. I’m working very hard at my job and can’t find the time to write a book!’” His friend dropped the subject for a time—until Carl retired.

#### A writer is born

“When I retired, I had no excuse,” he says. Carl discovered that for \$10 a year, he could obtain access to the Harvard libraries, and through extension, the libraries of other universities in the area. And so began eight years of train rides into Cambridge for weekly research and study.

Much of the primary and secondary source material Carl used had never been translated into English and was in Latin, Greek, or other languages. Having studied Latin and Greek many years earlier, he was able, laboriously, to read and translate some texts, but in many cases, he went through them word

by word, looking up the translations as he went along.

Carl’s book asks—and attempts to answer—many questions about why clerical celibacy came about and became canon law. Were the origins economic? Did they arise out of the Hebrew, Greek, and Roman cultures? Are they based on interpretations of Scripture?

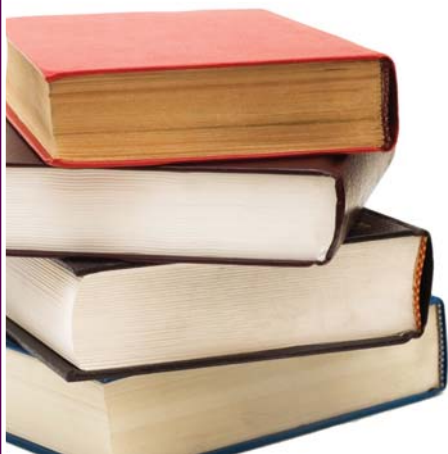
The title of his book is found in the Bible at *Corinthians 7:25*.

While Carl was researching and writing his book about clerical celibacy, he also was writing a book for the Manchester (Massachusetts) Historical Society. That book, *They Rallied Around the Flag*, was “strictly for local consumption,” he says, and documented the stories of the approximately 200 Manchester citizens who fought in the Civil War.

Carl earned a Bachelor of Philosophy degree from the University of Chicago, a Bachelor of Arts from Harvard University, a Master of Arts from Harvard College, and a Master of Business Administration from Boston University. He is a graduate of the U.S. Army Command and General Staff College.

#### Following their children’s example

Carl and his wife, Cill, raised their four children on the east  
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coast and then watched them migrate to the Pacific Northwest. “We figured they were telling us something,” he says, and the couple decided to make the move west to be closer to their family.

“We ended up at Waterford through research and going around to the different communities in the area,” he says. “Waterford really caught our attention—it seemed to suit us to a ‘tee,’ and we moved in December of 2007. We like it very much. We’re terribly spoiled!”

A Waterford volunteer, Carl coordinates the Wednesday matinee and Saturday movie showings and serves on the Library Committee. He also enjoys reading, studying history, and listening to classical music.

Intrigued by some of the questions Carl asks and explores in his book? *About Celibacy, I Have No Instructions From the Lord* can be purchased at [www.trafford.com](http://www.trafford.com). ■

## Club happenings

### Save the date!

Celebrate Active Aging Week with Waterford! Events are planned for Sept. 21 to Sept. 25. Watch for more information to come.



### Passport to Fitness

Congratulations to all the members who have made it halfway to their Passport to Fitness goals! Destinations such as Mt. Hood, Haystack Rock, Crater Lake, Lake Chelan, and many more. Winners will be announced in the September newsletter. ■

## Coming Events

### Thursday, August 20, 9 am

Stepping Out walk at Vancouver Lake.

### Thursday, August 20, 1:30 pm

Fort Vancouver outing. Transportation cost: \$2.

### Thursday, August 27, 10 am

Shopping at Kohl's and surrounding stores. Transportation cost: \$2.

### Friday, August 28, 1 pm

*Navigating Medicare* presentation. Forum.

### Saturday, August 29, 10 am

Clark College at Columbia Tech Center open house. Tour the \$29 million facility prior to its official opening. Transportation cost: \$2.