



**AAUW Pendleton Branch Newsletter**  
**September 2025**

**AAUW Pendleton Branch**  
**September Membership Meeting**

**Fall Membership Gathering**



**Wednesday, September 3**

**Potluck, 5:30 p.m.**

**Kathy Ward's Deck**

**43578 SW McKay Dr.**

**Please bring a main dish or dessert.**  
**Beverages, cups, plates, and utensils will be provided.**

**October Membership Meeting**

**Wednesday, October 1, 7:00 pm**

**Vert Club Room**

**Dale Horn, "Reimagining Chinese Pioneers on the Western Frontier"**

## **AAUW Pendleton Branch Leadership Team 2025–2026**

### **Co-Presidents**

Susan Doyle 969-7660  
Mary Davis 969-9669

### **Communications Vice President**

Delanne Ferguson 278-8131

### **Co-Finance Vice Presidents**

Marlene Krout 276-7596  
Dues, Kate Mace 276-1006

### **Membership Vice President**

Sue Petersen 377-0752

### **Co-Program Vice-Presidents**

Kate Ely 278-1997

### **Co-Recording Secretaries**

Kathy Ward 276-0308  
Beth Condon 276-7187

### **Appointed Leaders:**

#### **AAUW Funds**

Jill Heffner 278-4791

#### **BMCC Liaison**

Marie Hall 379-5250

#### **Co-NE District Directors**

Regina Braker 663-6148  
Kathleen Mace 215-2530

#### **Grapefruit & Membership List**

Karen King 278-2151

#### **Newsletter & Directory Editor**

Susan Doyle 969-7660

#### **Public Policy**

Regina Braker 663-6148

#### **Website**

Marty King 276-8210

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**AAUW Association website**  
[aauw.org](http://aauw.org)

**AAUW of Oregon website**  
[aauw-or.aauw.net](http://aauw-or.aauw.net)

**AAUW Pendleton website**  
[pendleton-or.aauw.net](http://pendleton-or.aauw.net)

## **Co-Presidents Corner for September**

*By Mary Davis, Co-President*

Hello and Welcome to AAUW. Once again it is September and the beginning of an exciting program year for AAUW. This coincides with Round-UP, a new school year, and cooler days that are perfect for a fresh start for our Branch projects. Each month you will receive a short message from either Susan or Mary detailing the month's opportunities. This newsletter will be slightly different in that it will briefly summarize the year ahead in anticipation of activities.

Please review the list of officers who are committed to leadership. Please reach out to them and, if you are interested, let them know how you would like to become more involved. The Board met last week and will be offering the membership an opportunity to come together later this Fall to evaluate our organization by looking at what we have accomplished, by asking ourselves why we joined, and by peering ahead to determine how we would like to "look" in the future.

The programs planned for this year by Program VP Kate Ely are varied, thought provoking, and challenge us to not only learn, but also to have fun as we do so. You will receive the Branch Directory soon.

As you may already be aware, Jill Heffner has organized the Lunch Bunch and will be "taking on" the Dinner Divas, too. Please consider joining other Branch members for these social outings to enjoy good food and each other.

Our major fundraiser, selling grapefruit, ensures that Vit C is added to everyone's daily intake and provides an annual scholarship for women attending BMCC. This fun and effortful event makes a difference not only for students, but for us in becoming an AAUW Team. Karen King and Kathy Ward have coordinated grapefruit sales for the last many years. Each of you has committed to this project. To relax, we attend dinner and wine tasting in December as we come together before the holidays.

During the year we will be updating you on another scholarship program set up by the family of deceased AAUW member, Sue Waldman. This year the generosity of the Waldman family provided scholarships for seven deserving women.

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As most already know, our meeting schedule is the first Wednesday of each month, but in the winter months, January through March, we switch to Saturdays at 11:00 a.m. at Prodigal Son. To keep us all informed, we will be starting a phone tree soon. If you are interested in calling, please let us know.

In closing, we want to leave you with AAUW's mission as we come together for another year.

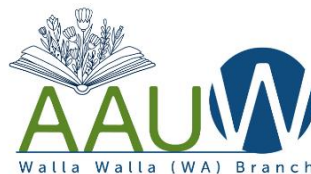
Our Mission is to advance equity for women and girls through advocacy, education, philanthropy, and research, while the Vision is to be a powerful and visible leader in equity and education by creating measurable change. The organization strives to achieve gender equity by working to break down barriers to education and economic opportunity, supporting women in STEM and other fields, and advocating for policies such as pay equity and family leave.

## Notes & Announcements

**September Membership Meeting:** Kathy Ward opens her home to us this month with a potluck gathering on her deck that begins at 5:30 p.m. on Wednesday, September 3. Her address is 43578 SW McKay Drive. If you would like to share a ride let Mary Davis know. Please feel free to bring a friend or person interested in AAUW.

**September Board Meeting:** Wednesday, September 17, 5:00 p.m. Place TBD.

**September Lunch Bunch:** Thursday, September 25, at the Walla Walla Cheese Company. Meet at Heritage Station at 11:00 to carpool.



## Walla Walla Kitchen Tour AAUW Walla Walla Branch

This year's tour is on Saturday, October 4 from 11:00 am to 4:00 pm and will feature six gorgeous kitchens, in both new and major remodels of historic homes in Walla Walla.

We would like to invite your membership to come to our tour and think this would be a fun afternoon to visit Walla Walla and even enjoy lunch & wine tasting at any of our numerous wineries.

Tickets are on sale now on our website at [aauwwallawalla.org](http://aauwwallawalla.org). Tickets are \$35 each. Start at the Marcus Whitman Hotel on October 4!

Thank you!

Deborah May  
Co-Chair of Walla Walla Annual Kitchen Tour

# **LUNCH BUNCH REVIEW**

## **AUGUST at the BUCKIN' BEAN**

*By Jill Heffner*

If you were unable to join us for lunch this month, you missed some really good sandwiches and salads! There were eight of us for lunch; we enjoyed the summer fare of fresh lettuce and vegetables in giant-sized salads or on delicious bread.

Karen and Shannon, Sue and Mary, Jill, Kathy, Marlene. And Karen's guest—Susan Fisher-Alexander. Yummy menu choices. A most congenial gathering. A comfortable setting. Pleasant and efficient servers. It was all good!

Please join us the **FOURTH THURSDAY OF SEPTEMBER** as we take a road trip to Milton-Freewater's Walla Walla Cheese Company, across from Saager's Shoe Shop. Lunch AND shopping...doesn't get much better!



# **LUNCH BUNCH BULLETIN**

*By Jill Heffner*

**ATTENTION: SEPTEMBER LUNCH BUNCH MOVED TO THE FOURTH THURSDAY!**

September Lunch Bunch will be Thursday, **SEPTEMBER 25.**

Walla Walla Cheese Company  
"Artisan Cheese from Local Cows"  
606 N Main Street, Freewater  
(across from Saager's Shoe Shop)

Let's leave from Heritage Station at 11:00.

**LIMITED MENU BUT DELICIOUS!** Cheeses, Salami, Cured Ham, Tomato Soups, Ice Cream. But check this out: Tomato Soup. Smoked Tomato Bisque. Halloumi Pesto Sandwich. Herb & Garlic Cheddar. Mad Cheddar (habanero). Coffee Cheddar. Cheese Plates. Ice Cream Flight! And this is just the beginning!

**Join us Thursday, September 25. Carpool leaving Heritage Station at 11:00.**

# Stages of Aging

(Online sources and generative ai summary)

Recent scientific research suggests that the human body experiences three distinct bursts of significant biological aging at approximately ages 34, 60, and 78. These shifts are marked by noticeable changes in the levels of specific blood-borne proteins, which can affect cellular function, metabolism, and overall resilience, according to a study by scientists at the Stanford University School of Medicine and studies published on *ScienceAlert* ([sciencealert.com](https://www.sciencealert.com)) and *Nature Medicine* ([nature.com](https://www.nature.com)).

**Age 34:** This marks the beginning of a noticeable physical decline, even though it's still considered early mid-life.

**Age 60:** Further significant shifts occur, with some studies indicating this is when proteins associated with cardiovascular disease and Alzheimer's disease become more prominent.

**Age 78:** This is another key age where biological aging accelerates, and the risk of conditions like dementia increases, according to a post on Reddit.

It's important to note that these are general trends, and individual experiences can vary. The research indicates that the aging process isn't a linear, steady decline but rather is a series of shifts and accelerations influenced by changes in blood protein levels.

At 78, individuals are typically categorized as "middle-old" within the broader spectrum of late adulthood. This age group, generally between 75 and 84, is characterized by potential physical changes like increased body fat and changes in fat distribution, potentially leading to health risks like diabetes. While there's no specific stage universally applied to this age, it falls within the period where individuals may experience a decline in organ vitality, increased likelihood of bruising, and greater susceptibility to conditions like cancer.

Here's a more detailed look at the typical changes associated with this age range:

**Physical Changes:**

**Increased body fat:** By age 75, body fat tends to double compared to young adulthood, and its distribution can shift.

**Bone density decline:** Bones can become more brittle, increasing the risk of fractures.

**Organ function decline:** Organs may lose some vitality and efficiency.

**Skin changes:** Skin can become more fragile, leading to easier bruising.

**Muscle and joint issues:** Muscle mass can decrease, and tendons can stiffen, leading to aches and stiffness.

**Health Considerations:**

**Increased risk of diseases:** The likelihood of conditions like diabetes and cancer rises with age.

**Impact on mobility and daily activities:** Changes in physical strength and joint function can affect mobility and the ability to perform daily tasks.

**Psychological and Social Aspects:**

**Social roles and relationships:** This period may involve adjusting to retirement, changes in family structures, and experiencing the loss of loved ones.

**Wisdom and experience:** Individuals at this age often possess a wealth of life experiences and wisdom that can be valuable to others.

**Overall:**

The "middle-old" stage is a time of significant physical and social transition. While it can be a time of increased health challenges, it can also be a period of continued personal growth and contribution.