

**July - August 2025**

**WOW OF SAN DIEGO REPORTER**

Web Site: <https://wowsd.fun/>

Email: [support@wowsd.fun](mailto:support@wowsd.fun)

**Facebook: San Diego Widows or Widowers**



Vol 35 No 4

P.O. Box 1271, Lakeside, CA, 92040

Aloha

**ANNUAL WOW LUAU AT THE BALI HAI**

2230 Shelter Island Dr, San Diego, CA 92106

**TUESDAY JULY 22nd**

**NOON 'TIL 3:00 pm**

MUSIC PROVIDED BY THE IDEAS

**RESERVATIONS DUE BY JULY 12**

MEMBERS IN GOOD STANDING \$50.00

GUESTS \$60.00

**Make out checks to WOWSD**

Send check to

**KAY FINN**

**10156 LOS RANCHITOS RD.**

**LAKESIDE, CA 92040**

LUAU LUNCH BUFFET WILL BE SERVED

Luau attire encouraged

**NOTICE NOTICE**

**Kay must receive your payment for the Luau by July 12<sup>th</sup>. Any monies received after that date will be returned to the sender. For those of you that like to wait until last minute, you might want to avoid that if you plan on attending.**

**DISCLAIMER: WOW of San Diego disclaims any liability during activities. All tours, trips, luncheons, dinners, or other activities arranged by the club are for the convenience and pleasure of the members and their guests who desire to participate. The club does not assume any responsibility for the well being or safety of participants, or passengers or their property in any matters pertaining to tours, trips, luncheons, dinners or other activities.**

## **Roger's President Corner**



Here we are in the middle of the summer of 2025. My how time does go by so fast. In keeping with change, you will notice that our annual Luau is being held in July this year. This is because of a combination of things. First, the 4<sup>th</sup> of July picnic is cancelled because of the heat this time of year. The Luau is sort of replacing the picnic and moved to be closer to the 4<sup>th</sup> of July to provide more time before our annual board meeting in September.

The coming months are filled with club activities that are required to ensure the club operates correctly. We are preparing for board member elections and some minor by-law changes. The by-laws require the club to hold a financial audit before the new board is installed. So some of you will be asked to support these events. Please participate to ensure a success.

Our membership growth hasn't been as good as last year. This is where members can reach out to perspective members and get them to join.

There has been an increased interest in dine out and lunch events. This is a good thing, To better assist the coordinators, please RSVP your intent to attend a week or so before the event. This is a common courtesy to the venue so that they know how many members are attending. Depending on the venue, delaying in letting the coordinator know may prevent your ability to participate. Supporting this effort will make the coordinators' job a bit easier and make for successful events.

## **Things to Do**

There are numerous firework events around San Diego. Make it a picnic and go watch the fireworks and celebrate our independence on July 4<sup>th</sup>.

Horse racing at Del Mar starts July 18<sup>th</sup> and goes to September 7<sup>th</sup>.

## **Tech Training for Older Adults**

The El Cajon library provides classes for those interested in improving their computer and phone experience. The classes are held at the library at 201 East Douglas. This event occurs every Wednesday from 12:30 until 2:00.

Description:

In partnership with Cyber-seniors, this weekly class will focus on older adults who want to enhance their computer skills. Tech mentors will assist older adults through hands-on workshops, phone support, and online sessions.

## **Sunday Potluck Get Together**

A member has provided the idea of possibly holding a Sunday afternoon potluck picnic on perhaps the last Sunday of the month. The idea is that members would come to a park in the area to share food and conversation, and ideas. This event would be similar to the social hour that we have at the Junction on Tuesdays. If members are interested they would just attend with a dish. Since it is once a month, perhaps members could provide different parks or other venues for the event. If you are interested in participating, please send an email to [rogerabeseke@gmail.com](mailto:rogerabeseke@gmail.com) or call or text (619) 895-6781.

## LET'S DINE OUT

### **JULY**

Wednesday, July 30th, 2025 at 5 P.M.

#### **The Ketch Grill and Tap**

2614 Shelter Island Drive San Diego CA 92106

<https://ketchgrillandtaps.com/>

619-814-8080

Please call, text, or email your reservation to: **Roger Beseke (619) 895 6781** [rogerbeseke@gmail.com](mailto:rogerbeseke@gmail.com)

**Reservations MUST be made by July 24th**

**Separate Checks/Bring Cash in case**

### **AUGUST**

Wednesday, August 27<sup>th</sup> 2025, 5 P.M.

#### **Lido's Italian Foods**

7252 Broadway, Lemon Grove, CA 91945

<https://http://www.lidositalianfoods.com>

619-469-9901

Please call your reservation to: **Mary Ann Bianchini (267) 393-5401** or email

[maryannbianchini@yahoo.com](mailto:maryannbianchini@yahoo.com)

**Reservations MUST be made by August 20th**

**Separate Checks/Bring Cash in case**

## LUNCHEONS

### **JULY**

Friday, July 11th, 11:30

#### **Ponce's Mexican Restaurant**

4050 Adams Ave., S.D. 92116

<https://www.poncesrestaurant.com>

619-282-4413

Please call your reservation to: **Pat Rudner (619) 840-6007** or email

[kittykat312@icloud.com](mailto:kittykat312@icloud.com)

**Reservations MUST be made by July 3rd**

### **AUGUST**

Friday, August 8th, 11:30 AM

#### **Pizza Nova**

5050 N Harbor Dr, San Diego, CA 92106

<https://pizzanova.net/>

(619) 226-0268

Please call your reservation to: **JACKIE GREENLEE**

**Phone: 619-501-5220**

**Reservations MUST be made by August 3rd**

**Separate Checks/Bring Cash in case**

**JULY 2025 WOW**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Cribbage 1:00-3:00  Social Hour The Junction 4PM	2 Mission Bay Walk 8:15am *Dance Lesson 11am (\$10) Euchre 1:00	3	4	5 Lake Murray Walk 8:00am Breakfast at Gus's 8:30am
6 *Balboa Park Dance Lesson 7:00pm	7 *Reuben Fleet Lecture 10:30	8 Cribbage 1:00-3:00  Social Hour The Junction 4PM	9 Mission Bay Walk 8:15am *Dance Lesson 11am (\$10) Euchre 1:00	10 *Balboa Park Dance Lesson 11:30am  *Dance & Snack 12:30- 2:30 (\$5)	11 *Balboa Park Dance Lesson 7:30pm Monthly Luncheon 11:30	12 Lake Murray Walk 8:00am  Breakfast at Gus's 8:30am
13 *Balboa Park Dance Lesson 7:00pm	14	15 Cribbage 1:00-3:00  Social Hour The Junction 4PM	16 Mission Bay Walk 8:15am *Dance Lesson 11am (\$10) Euchre 1:00	17 Mexican Train 12:00pm	18 *Balboa Park Dance Lesson 7:30pm Elks Dinner Dance 5:00PM	19 Lake Murray Walk 8:00am  Breakfast at Gus's 8:30am
20 *Balboa Park Dance Lesson 7:00pm	21	22 <b>ANNUAL LUAU</b>	23 Mission Bay Walk 8:15am *Dance Lesson 11am (\$10) Euchre 1:00	24 *Balboa Park Dance Lesson 11:30am  *Dance & Snack 12:30- 2:30 (\$5)	25 *Balboa Park Dance Lesson 7:30pm	26 Lake Murray Walk 8:00am Breakfast at Gus's 8:30am  Book Club 11:00am
27 *Balboa Park Dance Lesson 7:00pm	28	29 Cribbage 1:00-3:00  Social Hour The Junction 4PM	30 Mission Bay Walk 8:15am *Dance Lesson 11am (\$10) Board Meeting 10:00 Euchre 1:00 Dine out 5:00pm	31		

## AUGUST 25 WOW

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 *Balboa Park Dance Lesson 7:30pm	2 Lake Murray Walk 8am Breakfast at Gus's 8:30am
3 *Balboa Park Dance Lesson 7:00pm	4 *Reuben Fleet Lecture 10:30	5 Cribbage 1:00- 3:00  Social Hour The Junction 4PM	6 Mission Bay Walk 8:15am  *Dance Lesson 11am (\$10) Euchre 1:00	7	8 Monthly Luncheon 11:30  *Balboa Park Dance Lesson 7:30pm	9 Lake Murray Walk 8am Breakfast at Gus's 8:30am
10 *Balboa Park Dance Lesson 7:00pm	11	12 Cribbage 1:00- 3:00  Social Hour The Junction 4PM	13 Mission Bay Walk 8:15am  *Dance Lesson 11am (\$10) Euchre 1:00	14 Balboa Park Dance Lesson 11:30am  *Dance & Snack 12:30- 2:30 (\$5)	15 *Balboa Park Dance Lesson 7:30pm  Elks Dinner Dance 5:00PM	16 Lake Murray Walk 8am  Breakfast at Gus's 8:30am
17 *Balboa Park Dance Lesson 7:00pm	18	19 Cribbage 1:00- 3:00  Social Hour The Junction 4PM	20 Mission Bay Walk 8:15am  *Dance Lesson 11am (\$10) Euchre 1:00	21 Mexican Train 12:00- 4:00	22 *Balboa Park Dance Lesson 7:30pm	23 Lake Murray Walk 8am  Breakfast at Gus's 8:30am
24 *Balboa Park Dance Lesson 7:00pm	25	26 Cribbage 1:00- 3:00  Social Hour The Junction 4PM	27 Mission Bay Walk 8:15am *Dance Lesson 11am (\$10) Monthly Board Meeting 10:00 Euchre 1:00 Dine out 5:00pm	28 Balboa Park Dance Lesson 11:30am  *Dance & Snack 12:30- 2:30 (\$5)	29 *Balboa Park Dance Lesson 7:30pm	30 Lake Murray Walk 8am  Breakfast at Gus's 8:30am
31 *Balboa Park Dance Lesson 7:00pm						

**\* Indicates Community Function**

## ANNUAL MEETING PREP

In preparation for our 39<sup>th</sup> annual meeting, there are some details that we need to discuss. The following board positions are up for reelection:

First Vice President

Treasurer

Membership Director

The following are current vacant positions:

Decorations Director

Web Administrator/At Large

News Letter Editor/At Large

The first three positions require a member to perform the necessary duties to maintain the club. The second group contains positions that need to be filled to properly support the club. In some cases, an at large board member can be elected if the position is held by another board member. For instance, the Web Administrator and Editor positions are currently filled by the president. However, the person doing more than one function only has one vote on the board. To maintain a full board, a member may run as an at large candidate. This candidate will provide support to the club/board where needed.

## WOW Board Member Mentoring

In the past, getting members to be board members has been a challenge. The board has been discussing the idea of mentoring/training members that might be interested in making the club even better. To that end, we have started a mentoring program. Most of the board positions require a minimal amount of effort to help the club. A perspective officer would work with the current board member to learn the job. There are a couple of advantages to this technique. First, we maintain continuity of club knowledge. Secondly, the candidate will understand what is required and hopefully have a year or more of training.

I have to say that there are a few board positions that do require some computer skills. Of course, the editor must be familiar with a word processor. It doesn't matter which program one uses or whether it is a PC or Mac.

We have computerized both the financial and membership operations. It doesn't require a lot of computer experience but the ability to use an application. **There is NO programming involved.**

The financial application is implemented using a spreadsheet program. All the user has to do is enter debit and credit information. The program does the rest.

The membership application is a database program that is a bit more involved because the club is dynamic. The director enters information from membership applications, renewals, and changes for members.

## Dine Out Coordinator

We are in need of a fourth dine out coordinator. This involves finding a dine out venue three times a year. The amount of time needed should not be more than eight hours per event. That would be 24 hours a year. How hard can that be? If we don't get someone to take this duty, three dine outs throughout the year will be canceled.

# WOW EVENTS

## Lunch and Mexican Train

Mexican Train is held on the 3rd Thursday of the month. Come join us for potluck lunch and Mexican train at 12 noon. The venue is St Albans Church at 490 Farragut Circle, El Cajon. Please bring a dish to share and \$3.00 for cost of prize and supplies.

For more information contact:

Virginia Meyers "GIN" 619-448-7113 [ginmeyers@gmail.com](mailto:ginmeyers@gmail.com)

Gloria Chapman 858-874-2343 [gloriachapman41@gmail.com](mailto:gloriachapman41@gmail.com)

## Exercise

**WALK AT MISSION BAY.** Join us for a **Walk at Mission Bay**, every Wednesday, at 8:15AM. Location: **2688 E. Mission Bay Drive**, San Diego, CA 92109 (Formerly Mission Bay Visitors' Center). There may be other unanticipated cancellations during this period. **Please RSVP to Char Schade at: [exer\\_fun@yahoo.com](mailto:exer_fun@yahoo.com).**

**NEED EXERCISE? YES!** The Lake Murray walking path is open! A walking group meets at Lake Murray on Saturday mornings at 8:00am. The walkers meet at the bottom of the hill from the upper parking lot by the gate. To get there take Lake Murray Blvd. off I-8 to Kiowa. Turn left and go all the way to the parking lot. Turn right towards the start of the trail. The walkers meet at the gate. Just look for a group of lively people. And, YES, we go to Gus's Restaurant for Saturday Breakfast.

## CRIBBAGE PLAYERS

Come out and learn/play cribbage. We will teach you how to play. It is also a great place to socialize and meet other members. This activity is currently being held at the food court in **Grossmont Center from 1:00 to 3:00 every Tuesday**. We are located on the East side of the food court. Beverly Sautter is the coordinator. Beverly's e-mail is [sautter@pobox.com](mailto:sautter@pobox.com) phone **(702) 806-6121**

## BOOK CLUB

The book for Saturday July 26th is **Code Name Helene** by Ariel Lawhon. The group meets at the El Cajon Library, 201 Douglas, El Cajon on the fourth Saturday of every odd month from 11AM-12:30 PM.

Contact Peggy Griffith to reserve your place. Phone **(207) 590-2210** or email [peggy.griffith1111@gmail.com](mailto:peggy.griffith1111@gmail.com)

A future book is: Sept 27<sup>th</sup> **God of the Woods** by Liz Moore

## **Saturday Walk and Breakfast at Gus's**

**Gus's Restaurant**, 5620 Baltimore Ave. La Mesa. Non walkers are usually at Gus's at 8:00 for coffee and conversation. The walkers usually arrive around 8:30, when breakfast is ordered by everyone.

## **Euchre Players**

Interested in learning a fun card game where only 24 cards are used? Euchre is a game where you get five cards, name a trump suit and take at least three tricks. It is a lot of fun and a bit challenging. New players are always welcome.

Since we have had a growth in participation, we have increased the frequency to every week. We meet in the Grossmont Food Court every Wednesday from 1:00 to 4:00.

## COMMUNITY EVENTS

### Lamplighters Theater

Lamplighters Theater which is located at 5915 Severin Drive, La Mesa and has presented its 85<sup>th</sup> season. WOW members typically go on the last show date which is a Sunday at 2:00 PM. The new season starts July 11<sup>th</sup>. Tickets can be purchased with cash, check, or money order. No credit cards right now. For more information go to <https://www.lamplighterslamesa.com/>

Upcoming Presentations  
Steel Magnolias July 11<sup>th</sup> – August 3<sup>rd</sup>

### Lecture and Movie at Reuben Fleet Science Museum in Balboa Park

The Reuben Fleet Science Museum offers a program on various topics that are discussed followed by a movie. The program starts at 10:30 am the first Monday of every month. The cost is ten (\$10) dollars to attend the lecture and movie. This is not a WOW event. For more information on future lectures, you can go to the web site: <https://www.fleetscience.org/events/sharp-minds.>

**No lectures or films were scheduled for July or August when we went to press. An email may be sent later.**

### DANCE LESSONS

**THE STARLIGHT DANCE STUDIO!** Got two left feet? Why not join us on Wednesdays at 11:00 am at the Starlight Dance Studio, 6506 El Cajon Blvd. Learn the dance steps you have always wanted to learn. Its fun and the cost is only \$10.00. Our fabulous instructor is **Steve Showers**.

**BALBOA PARK** Several WOW members have been attending dance events held on the 2nd and 4th Thursdays at the **Balboa Park Club Ballroom** (2150 Pan American Road West), located off of Park Blvd. and Presidents Way. The dances are sponsored by the **San Diego Parks and Recreation Department**. There is a \$5.00 charge which includes live dance band entertainment, refreshments, and prizes. **Margie Carlson** (619-444-9543) has volunteered to coordinate this activity. It is anticipated that WOW members will be able to assemble and enjoy this popular dance activity.

### Dance Classes

There are several places where members can go to learn how or freshen their dance steps. Below are links to two of the popular sites.

<https://docs.google.com/document/d/1Ju3M0IN1ukq90CScWJAXThvUum3e5xPyR4YIRc-IOPo/edit?tab=t.0>

<http://www.balboaparkdancers.org/index.php>

### San Diego Elks #168 Dinner Dance

Attend the San Diego Elks dance event on the third Friday of the month.

When: July 18<sup>th</sup> from 5:00 to 9:00. and August 15<sup>th</sup> from 5:00 to 9:00

Where: San Diego Elks Lodge #168, 7430 Jackson Drive San Diego, CA 92119-2319

Cost: \$20

An email will be sent, when more information is available.

**BOARD/ACTIVITIES COMMITTEE MEETING**

**The WOW Board/Activities meeting** is held on the last Wednesday of each month. Unless otherwise announced, the meetings start at **10:00 AM** at the **Allied Gardens Library**. The address is **5188 Zion Ave**, San Diego. The meeting room is located to the left as you enter the library from the rear. If you enter from the front the room is on your right. All WOW members are invited to attend the Board Meetings.

Our **Sunshine Lady** is **Vickie Silvia**

**Do you know a member who is not doing well?**

Let our Sunshine Lady know who is ill, in the hospital, or has passed away. Please call Vickie **(619) 562-5789** or email **vikens@cox.net** so she can send a card. The club likes to send cards to our members who are ailing, to let them know we care.

**BOARD OF DIRECTORS**

- President, Roger Beseke . . . . . 619-895-6781  
rogerabeseke@gmail.com
- 1st Vice President, Beverly Sautter. . . . . 619-303-4505  
sautter@pobox.com
- 2nd Vice President, Steve Boyer . . . . . 619-723-7162  
stvboyer@yahoo.com
- Secretary John Sankis. . . . . 619-457-3902  
entropycharm@gmail.com
- Treasurer, Richard Ruttenberg . . . . . 619-913-6145  
richardruttenberg@yahoo.com
- Director Decorator Bonnie Raye . . . . . 619-660-6680  
bonniejraye2023@gmail.com
- Director Membership, Anita Lane. . . . . 619-456-5366  
nita2.louise@gmail.com
- NewsLetter Editor(At Large), Kayti Tramel . 619-464-8964  
ktramel@cox.net
- Web Master (At Large), Andrew Alongi. . . . 619-558-7860  
learner.along@gmail.com

**Member Profile Information Changes**

If you have a change in your address, phone number or e-mail address, change or add a contact for emergencies please contact: Anita Lane **(619) 456-5366** or email **nita.louise2@gmail.com**

**Membership Renewal Information**

To renew your WOW membership, please send your membership fees with a check made out to **WOW of San Diego** to **WOW of San Diego, P.O. Box 1271 Lakeside CA. 92040.**

<b>JULY</b>	
Francine Dobbin	2
Denise Ganulin	4
Al Meloche	6
Fee Robinson	7
Donamarie Buth	9
Austin Caywood	11
Cynthia Boyd	13
Allen Lowell	19
Carolyn Roberts	23
Robert Silvia	27



**NOTICE:** If we missed listing your name, our sincere apology. Please call **Roger** at **619-895-6781** so we can determine why your important date was missed.

<b>AUGUST</b>	
Nigal Miller	3
Donna Walker	4
Angeles Whitney	5
Richard Ruttenberg	5
Cindy Rittershofer	6
Dara Hembury	7
Barbara Boren	8
Angela Reed	12
Nancy Paige	14
Jackie Smith	15
Laura Way	16
Robert McGehee	20
Marjie Kallmeyer	21
Ralph Oliva	21
Charlotte Wilson	21
Sheila LaPrade	26
Connie Abell	28
Dorcas HERNSMEIER	29
Dianne Kusek	31

**New Members**

**April**  
Angela Reed

**May**  
Carol Seagrave  
Dara Hembury

**In Memoriam**

Dr. James Knott

**Membership Dues**

**July**  
Angeles Whitney  
Barbara Boren  
Denise Sperber  
Diana Webster  
Glenna Call  
Jacquelin Greenlee  
Jim Reynolds  
Peggy Griffith  
Thomas Callen

**August**  
Carol Bolton  
Carolina Mouritzen  
Cindy Rittershofer  
Geraldine Faucett  
Jerry Schneider  
John McGrath  
John Sankis  
Richard Butler  
Robert McPhail  
Steven Thrasher

**Yet another NOTICE**  
If you do not receive the newsletter in the mail by the first of every odd month and are expecting one, please contact:  
Anita Lane (619) 456-5366 or nita.louise2@gmail.com  
Roger Beseke (619) 895-6781 or rogerabeseke@gmail.com

**NOTICE:**  
Dues should be paid within 30 days of your due date. After 90 days your membership will be terminated, you will need to submit a new completed application and be in good standing.

**MEMBERSHIP INFORMATION**

For information on membership or **copies of the news-letter**, call: **Anita Lane at (619) 456-5366**  
Thank you for your interest in joining WOW. We encourage you to get to know our WOW members by attending the walks, happy hours, or luncheons. You may attend two other activities without joining on a non-member basis.



**WOW MEMBERSHIP AND RENEWAL FORM**

Please Print. Thank You

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_  
PHONE NUMBER: \_\_\_\_\_ CELL: \_\_\_\_\_  
EMAIL ADDRESS: \_\_\_\_\_

√ Check Membership

New: \_\_\_\_  
Renewal: \_\_\_\_  
Male: \_\_\_\_  
Female: \_\_\_\_

IN CASE OF EMERGENCY: Name \_\_\_\_\_ Phone \_\_\_\_\_

BIRTH DATE AND MONTH: \_\_\_\_\_

MEMBER OF: ELKS \_\_\_\_\_ VFW \_\_\_\_\_ AMERICAN LEGION \_\_\_\_\_

√ Check Changes

OTHER \_\_\_\_\_

Address: \_\_\_\_  
Phone: \_\_\_\_

HOW DID YOU HEAR ABOUT WOW? \_\_\_\_\_

I WILL BE WILLING TO SERVE ON A COMMITTEE: YES \_\_\_\_ NO \_\_\_\_

I UNDERSTAND THAT THE NEWS LETTER WILL ONLY BE DELIVERED BY EMAIL.

\_\_\_\_ INITIAL

I hereby apply for membership in WOW of San Diego with the understanding that initial membership is restricted to widows or widowers. I hereby attest that I am a widow/widower and I agree to hold WOW of San Diego and its officers harmless from any liability arising from my participation.

**(FOR NEW MEMBERS ONLY: PROOF OF STATUS IS REQUIRED PRIOR TO ACCEPTANCE AS A MEMBER. PLEASE ATTACH A COPY OF THE DEATH CERTIFICATE TO THIS APPLICATION WHEN APPLYING FOR MEMBERSHIP. The certificate will be returned.)**

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

**MEMBERSHIP FEES AND DUES ARE \$35.00 PER YEAR PAYABLE DURING THE MONTH (1-12). NOTED IN THE UPPER RIGHT CORNER NEAR YOUR NAME ON THE NEWSLETTER MAILING LABEL. MAKE CHECK TO WOW of SAN DIEGO.**

Note: Mail completed membership application, membership fees, and proof of status as a widow/widower to: WOW of San Diego, P.O. Box 1271, Lakeside, CA 92040.

If you have any question concerning completion of this application or WOW in general, call the membership person or any member of the Board of Directors.

OFFICE USE: Check #	Date	Amount	Member #
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WOW of San Diego  
P.O. Box 1271  
Lakeside, CA 92040

*A Social club for Widows and Widowers*

**Address Service Requested**

### UPCOMING EVENTS

July 2025	Luau Lunch / Party
September 2025	Labor Day Picnic/Annual Meeting
October 2025	Halloween Party
December 2025	Christmas Dinner / Dance