

WOW OF SAN DIEGO REPORTER

Website: <https://wowsd.fun/>

Email: support@wowsd.fun

Facebook: San Diego Widows or Widowers

July - August 2026



EVA'S PRESIDENT CORNER

The annual Summer Picnic was an overwhelming success, bringing our community together for an unforgettable day of food, friendship, and fun and games.

The potluck was a massive hit. Tables overflowed with a spectacular variety of dishes from savory homemade sides to delicious desserts, there was no shortage of incredible food to enjoy.

BINGO, Mexican Train, Cribbage and Euchre were played and kept the energy high all afternoon. Friends old and new gathered to compete, and share endless laughter under beautiful, clear skies. The flawless weather and enjoyable music provided the perfect backdrop for relaxation and connection.

A special thank you to Steve Boyer who as a Marine veteran has access to this wonderful picnic area. And to everyone who brought a dish, lent a hand, and shared their wonderful energy to make this community gathering a truly special event - Thank You.

Our Annual Business meeting and Election 2026 are scheduled for Sept. The format will be a potluck picnic at Admiral Baker Recreational Park (detailed information later). WOW thrives because of the

energy of our members. To keep events running and our community growing we need fresh voices to lead us into the next few years. PLEASE consider dedicating some of your time, energy and talents to our group.

Summertime and the livin is easy.. so the song goes. We look forward to the time shared during the summer. Join us for a happy hour (Tues at two locations) a walk at the lake and breakfast at Gus's on Saturday or play cribbage on Tuesdays or sign up for small group coffee gatherings. Get involved and be involved. Check calendars for more events and details.

Stay active and stay healthy this summer and see you at WOW events.

SAVE THE DATES FOR UPCOMING WOW EVENTS YOU WON'T WANT TO MISS!

Luau-July 30

Annual Meeting/Picnic-Sept 12

Fall Hoedown Dance-Oct 13

Holiday Party-Dec 9

Housekeeping Items

When sending your check in for a particular event or membership renewal, please note on your check what it is for, ie. Membership Renewal or Luncheon/Dance etc.

*Please be aware that when checks are received for an event they are not processed immediately. They are processed and deposited monthly. However, you will receive an email confirmation when your check is **received**.*

*Please be mindful of RSVP dates for **Dine Outs and Luncheons**. If you do not RSVP by the date requested then you will not be admitted to the event. The coordinators must give a headcount of attendees to the restaurants several days in advance, therefore members cannot just show up at an event without having RSVP'd. Please be respectful of the effort that our coordinators put into setting up these popular monthly gatherings.*

Spotlight On Our Members

*This is a new section of our Newsletter. Let's put the spotlight on and support those members that are doing some pretty outstanding things in and around San Diego. This month, Jerry Hager, a veteran San Diego mime, movement artist, and improviser is returning to the Vine with his newest solo show- **"REMEMBER"**.*

Saturday August 8th and Sunday August 9th

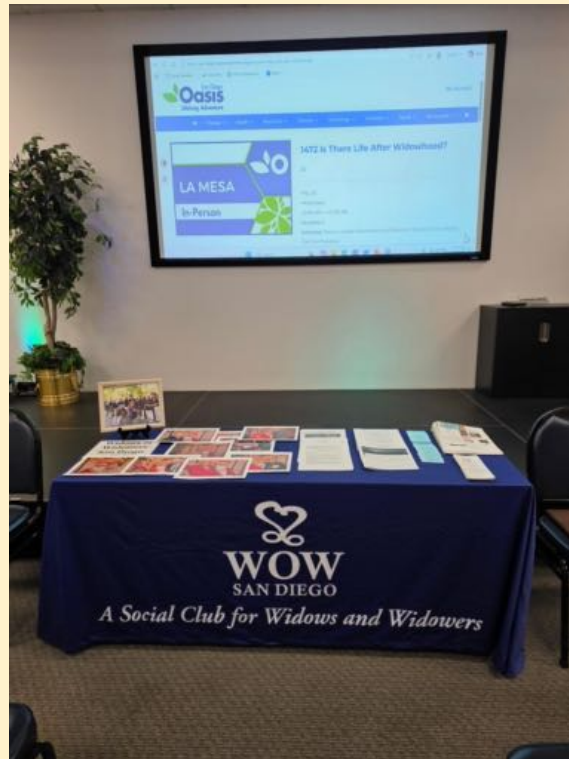
Performance Times: Saturday 7:00pm, Sunday 2:00pm & 4:30pm

*The Vine Arts Village Oaks North Plaza 12540 Oaks North Dr. San Diego, 92128
858-243-1402*

<https://www.mojalet.com>

Beverly Sautter Recruiting and Retention News

On May 20th a program entitled "Is There Life After Widowhood" was presented at OASIS Grossmont Center. WOW members, Steve Boyer and Beverly Sautter gave a one hour presentation to approximately 15 widows and widowers. The Q&A session was lively with several attendees planning to attend activities before committing to membership. We should have some new members soon. Let's keep working on getting the word out about all the awesome activities our organization can provide.



Congratulations to our membership! Due to the various methods put into action we have been experiencing increased interest in our club. The prospects have come to us through word of mouth, online presence, and recruiting events. Our new literature is finding its way into the hands of interested parties. Keep up the good work and spread the word. Invite someone to an event or pass on Beverly's contact info so she can answer their questions. Sometimes just a little nudge is all it takes. Beverly's email is sautter@pobox.com



ANNUAL SUMMER PICNIC

Congratulations to Ralph Oliva! He was the winner of the Pop Up T-Shirt contest!



***BINGO, MEXICAN
TRAIN, RUMMIKUB
CRIBBAGE, GREAT
FOOD, LOTS OF
LAUGHS***



WOW'S ANNUAL LUAU



JULY 30
2026

THURSDAY
12:00 TO 3:00 PM



VENUE | BALI HAI RESTAURANT
2230 SHELTER ISLAND DRIVE, S.D., CA 92106



Join us for a traditional buffet lunch and dance to the music of THE IDEAS.

TICKETS: \$65.00 FOR MEMBERS | \$75.00 FOR NON MEMBERS

MAKE CHECKS PAYABLE TO: WOW
MAIL TO: P.O. BOX 600004 | S.D., CA 92160

MEMBERSHIP RENEWALS

Dues are to be paid within 30 days of your due date. After 90 days, your membership will be terminated. If you decide to rejoin after the termination date, you will need to submit a new application and be in good standing.

*To renew your WOW membership, please send your membership fees with a check made out to **WOW OF SAN DIEGO**. Please note "Membership Renewal" on the "For" line of your check.*

ADDRESS:

WOW OF SAN DIEGO

PO BOX 600004

San Diego, CA 92160

MEMBERSHIPS DUE FOR RENEWAL

JULY

Denise Sperber

Diana Webster

Jacquelin Greenlee

Peggy Griffith

AUGUST

Cindy Rittershofer

John McGrath

Shirley Riedy

Membership Renewal Fee is \$50.

WELCOME NEW MEMBERS

Judith Kelly

Calvin Montgomery

MEMBER PROFILE INFORMATION CHANGES

*If you have a change in your address, phone number, email address, change or add a contact for emergencies please contact: **Robert McGehee 619-487-0395** or email mcgeheesd@gmail.com.*

BOARD/ACTIVITIES COMMITTEE MEETING

*The WOW Board/Activities meeting will be held on the last **Thursday** of the month at **10:00am** (unless otherwise announced) at the Allied Gardens Branch Library. The address is **5188 Zion Avenue**. All WOW members are invited to attend the Board Meeting.*

OUR SUNSHINE LADY- VICKY SILVIA

Do you know a member who is in need of a little TLC?

*Let our Sunshine Lady know who is ill, in the hospital, has passed away or just needs a little pick me up. A heartfelt card can be just enough to make someone's day. Please call **Vicky (619)562-5789** or email vikens@cox.net so she can send a card. The club likes to send cards to our members that are in crisis to let them know we care and are thinking about them.*



JULY

Francine Dobbin July 2
Judith Kelly July 5
Al Meloche July 6
Fee Robinson July 7
Donnamarie Buth July 9
Martha Unger July 12
Cynthia Boyd July 13
Allen Lowell July 19
Maureen Ghiroli July 20
Carolyn Roberts July 23
Sharon Wozniak July 26

AUGUST

Nigal Miller August 3
Donna Walker August 4
Richard Ruttenberg August 5
Angeles Whitney August 5
Cindy Rittershofer August 6
Dara Hembury August 7
Calvin Montgomery August 11
Debbie Rogers August 11
Angela Reed August 12
Robert McGehee August 20
Ralph Oliva August 21
Charlotte Wilson August 21
Janet Wolchko August 21
Sheila LaPrade August 26
Dorcas Hernsmeier August 29
Dianne Kusek August 31
Patrick Swies August 31

NOTICE: *If we missed listing your name, our sincere apology. Please call **Bob McGehee** (619) 487-0395 OR EMAIL **MCGEHEESD@GMAIL.COM** so we can determine why your important and special date was missed.*

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 the cost of prize and supplies. For more information contact: Sandra Thompson (619)442-3092 or skbt1328@gmail.com Betty Jean Cleveland (619)448-7363 or bettycleveland1930@gmail.com.

Social Hour

We have two weekly social hours on Tuesday, 4:00-6:00pm. One in East County and one in Tierrasanta.

The East County location is **Hooley's Public House** 2955 Jamacha Road, El Cajon.

The other location is in Tierrasanta at **Keg N Bottle** 5950 Santo Road.

Celeste Barta hosts East County and Carol Seagrave hosts Tierrasanta.

Members will be notified by email blast of any changes to the hours or locations.

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 (Formerly Mission Bay Visitor's Center). Wednesday, at 8:15am. There may be other unanticipated cancellations during this period. **Please RSVP to Char Shade at: exer_fun@yahoo.com**

WALK AT LAKE MURRAY PARK FOLLOWED BY BREAKFAST AT GUS'

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 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 toward the start of the trail. The walkers meet at the gate. Just look for a group of lively people. And on to Gus' Restaurant for Saturday breakfast.

Not interested in walking-no problem! Join us for breakfast at 8:30.

Gus' Restaurant - 5620 Baltimore Avenue, LaMesa. Non walkers are usually at Gus' at 8:00 for coffee and conversation. The walkers usually arrive around 8:30 when breakfast is ordered by everyone.

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 email is sautter@pobox.com Phone **(619)303-4505.**

Book Club

Looking for great books and engaging conversation? Join the WOW Book Club! Our group brings together readers who enjoy exploring a variety of genres, sharing perspectives, and connecting through a love of reading.

At each meeting, we discuss and rate our selected book, explore thought-provoking discussion questions, and enjoy lively conversation in a friendly and welcoming atmosphere. New members are always welcome, and we love receiving suggestions for future book selections! Whether you're a longtime member or joining us for the first time, we invite you to come discover great books, share your insights, and enjoy the company of fellow readers. We look forward to seeing you at our next meeting!

Upcoming Selections: July 18, 2026 Lessons in Chemistry by Bonnie Garmus

September 19, 2026 Wild Dark Shore by Charlotte McConaghy

November 21, 2026 Theo of Golden by Allen Levi

Peggy Griffith is the coordinator. Peggy's email is peggy.griffith1111@gmail.com.

Coffee and Chat

Coffee and Chat - Since introduced in February, there have been Women Only, Men Only, and Mixed (Women and Men) events at Brew Coffee Spot in LaMesa. This event is limited to 8 members.

Continue to look for emails from your hosts, Peggy Griffith, Duane Buckingham, and Carol Seagrave.



Women Coffee and Chat on June 8th was held at Starbucks, since the usual location, Coffee Brew Spot, was under construction. Next Women's Coffee and Chat is on July 13th, 10:30am at The Simple Coffee House on Jackson Drive in San Diego.

Wine and Cheese

This newly added event is gaining a lot of traction with our members. The last event, on May 20th, hosted by Gloria Chapman was attended by twelve members who were not only entertained by Gloria's son, a first level Sommelier, who provided helpful insight into selecting wines, but also lively conversation, lots of laughs, and delicious appetizers.

*Al Bowen, who hosted our very first Wine and Cheese, has graciously volunteered to open his home for the next event on **July 28th 4:00pm-6:00pm**. Bring a bottle of wine and an appetizer to share. RSVP to albowen@coxnet.net or (619) 300-9696 to secure your spot. Al's address is 3684 Turnberry Drive, Jamul (Steel Canyon). Once you RSVP, Al will give you the gate code to enter.*

LET'S DINE OUT **JULY**



KETCH GRILL AND TAPS

2614 Shelter Island Drive, San Diego(Point Loma)

Wednesday, JULY 22, 2026 5:00PM

COME OUT AND ENJOY AN EVENING OF GREAT CONVERSATION AND FOOD WITH YOUR FELLOW WOW MEMBERS.

RSVP by July 19th to Paula Quint text or call (619) 379-3539 or email paulapquint@yahoo.com

Menu: <https://ketchgrillandtaps.com/menu/>

Separate Checks will be provided.

AUGUST



TROY'S GREEK RESTAURANT

10450 Friar's Road San Diego, 92120

Wednesday, AUGUST 26, 2026 5:00PM

COME OUT AND ENJOY AN EVENING OF GREAT CONVERSATION AND FOOD WITH YOUR FELLOW WOW MEMBERS.

RSVP by August 20th to Mary Ann Bianchini text (267) 393-5401 or

maryannbianchini@yahoo.com

Menu: <https://www.troysgreeksandiego.com/>

Separate checks may be provided but cash is preferred.

LUNCHEONS
JULY
Marie Callender's®
Restaurant & Bakery

6950 Alvarado Road, San Diego 92120

Friday, July 10, 2026 11:30AM

COME OUT AND ENJOY AN AFTERNOON OF GREAT CONVERSATION AND FOOD WITH YOUR FELLOW WOW MEMBERS.

RSVP by July 8, 2026, 2026 Margie Carlson (619)627-5037(text) or email carlson1128@att.net

**Menu: <https://order.toasttab.com/online/marie-callender-s-74-la-mesa>
Please bring cash as separate checks may not be provided.**

AUGUST



KINGS FISH HOUSE - MISSION VALLEY
825 Camina De La Reina, 92108
Friday, August 14, 2026 11:30AM

COME OUT AND ENJOY AN AFTERNOON OF GREAT CONVERSATION AND FOOD WITH YOUR FELLOW WOW MEMBERS.

**RSVP by August 7, 2026 Pat Rudner kittykat312@icloud.com or (619) 840-6007
SEE MENU: <https://www.kingsfishhouse.com/sandiego#menus>
Please bring cash as separate checks may not be provided.**

JULY 2026

Sunday	Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3	Saturday 4
						Lake Murray Walk 8:00am Breakfast-Gus' 8:30am
5	6	7 Cribbage 1:00-3:00pm Social Hour-Hooley's and Keg N Bottle 4:00pm	8 Mission Bay Walk 8:15am	9	10 Monthly Luncheon-Marie Callendar's 11:30am	11 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am
12	13	14 Cribbage 1:00-3:00 Social Hour-Hooley's and Keg N Bottle 4:00pm	15 Mission Bay Walk 8:15am	16 Mexican Train 12:00-4:00pm	17	18 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am Book Club-El Cajon Library 10:30-12:00
19	20	21 Cribbage 1:00-3:00pm Social Hour-Hooley's and Keg N Bottle 4:00pm	22 Mission Bay Walk 8:15am Dine Out-Ketch Grill and Taps 5:00pm	23 Monthly Board Meeting 10:00	24	25 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am
26	27	28 Cribbage 1:00-3:00pm Social Hour-Hooley's and Keg N Bottle 4:00pm	29 Mission Bay Walk 8:15am	30 Annual Luau - Bali Hai Restaurant 12:00-3:00pm	31	

AUGUST 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 1 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am
2	3	4 Cribbage 1:00-3:00pm Social Hour-Hooley's and Keg N Bottle 4:00pm	5 Mission Bay Walk 8:15am	6	7	8 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am
9	19	11 Cribbage 1:00-3:00pm Social Hour-Hooley's and Keg N Bottle 4:00pm	12 Mission Bay Walk 8:15am	13	14 Monthly Luncheon- King's Fish House 11:30am	15 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am
16	17	18 Cribbage 1:00-3:00pm Social Hour-Hooley's and Keg N Bottle 4:00pm	19 Mission Bay Walk 8:15am	20 Mexican Train 12:00-4:00pm	21	22 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am
23	24	25 Cribbage 1:00-3:00pm Social Hour-Hooley's and Keg N Bottle 4:00pm	26 Mission Bay Walk 8:15am Dine Out-Troy's Greek Restaurant 5:00pm	27 Monthly Board Meeting 10:00	28	29 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am
30	31					

BOARD OF DIRECTORS

President (Interim), Eva Smith 619-229-0176
evasmith2075@gmail.com

1st Vice President, Eva Smith 619-229-0176
evasmith2075@gmail.com

2nd Vice President, Steve Boyer 619-723-7162
stvboyer@yahoo.com

Secretary John Sankis. 619-457-3902
entropycharm@gmail.com

Treasurer, Carolyn Quinney. 858-453-7978
cdqhouse@gmail.com

Recruiting/Retention, Beverly Sautter. 619-303-4505
sautter@pobox.com

Director Membership, Robert McGehee. 619-487-0395
mcgeheesd@gmail.com

Editor, Angie Reed 301-502-3585
areed0812@gmail.com

At Large, Richard Ruttenberg. 619-913-6145
richardruttenberg@yahoo.com

MEMBERSHIP INFORMATION

For Information on membership or copies of the news-letter, call: Robert McGehee at 619-487-0395 or email him at mcgeheesd@gmail.com.

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: _____ ☐ **Check Membership**
ADDRESS: _____ New: _____
CITY: _____ STATE: _____ ZIP CODE: _____ Renewal: _____
PHONE NUMBER: _____ CELL: _____
EMAIL ADDRESS: _____ ☐ **Check Changes**
BIRTH DATE AND MONTH: _____ Address _____
IN CASE OF EMERGENCY: Name _____ Phone _____ Phone# _____
Email _____

HOW DID YOU HEAR ABOUT WOW? _____

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

I WOULD LIKE TO ALSO RECEIVE THE NEWS LETTER BY EMAIL. _____

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 death certificate will be returned.)

SIGNED: _____ DATE: _____

MEMBERSHIP FEES AND DUES ARE \$50.00 PER YEAR PAYABLE DURING THE MONTH (1-12). MAKE CHECK TO WOW of SAN DIEGO.

NEW MEMBERS MAY PURCHASE OPTIONAL WOW T-SHIRT AND NAME TAG AT THE NEW MEMBERS ORIENTATION. YOU WILL BE CONTACTED WITH DATE/TIME.

Note: Mail completed membership application, membership fees, and proof of status as a widow/widower to: WOW of San Diego, P.O. Box 600004, San Diego, CA 92160.

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 # _____

WOW of San Diego

P.O.Box 600004

San Diego, CA 92160

A Social Club for Widows and Widowers