

WOW OF SAN DIEGO REPORTER

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

Email: support@wowsd.fun

Facebook: San Diego Widows or Widowers

September - October 2025



ROGER'S PRESIDENT CORNER

Here we are at the end of a WOW term for some board members and the start of a term for others. I would like to thank those that are retiring from the board for their support and dedication to WOW. With your dedication and efforts we are a well functioning group. I was blessed to have such a good group of people to work with. I am looking forward to working with the new board to do even more and have a good time while we are doing it.

In regards to new board members, we have Angie Reed running for editor of the newsletter. In fact, she has taken control and produced this newsletter. You are getting a taste of the way the new editor chooses to present the information in the newsletter.

Housekeeping Items:

Beginning in November, WOW will return to all active members being sent a printed newsletter. Also, anyone who has requested an email copy, will be sent one in addition to the printed one.

*We have acquired a new PO Box in San Diego. Begin sending correspondence, unless otherwise noted, to **WOW of San Diego, PO Box 600004 San Diego, CA 92160.***

Let us all make sure that we are doing our part to help with the clean up at the various events we host either indoors or outdoors.

The following events are all happening in the next couple of months.

*We will have our **Annual Meeting and Potluck Picnic on September 20th**. This is when we vote on the new board members and vote to make changes to the bi-laws.*

We are also required to have a financial audit before the end of October. We will be asking a couple of people to help with this effort. The complete audit should take less than two hours.

POP UP PROMOTION

Here is a POP UP PROMOTION for all you WOW Members who have their TEE SHIRT and NAME TAG. Just wear your WOW shirt and NAME TAG to the September POTLUCK PICNIC and GENERAL MEETING. If you already have your WOW gear, you are ahead of the game. If you do not have your TEE SHIRT and NAME TAG, there's still time.

*When you get to the picnic, check in and we will put your name into the mix for a special drawing with only the names of those present wearing their TEE SHIRTS and NAME TAGS. The lucky person who gets their name drawn will get the purchase price of the TEE SHIRT and NAME TAG refunded to him/her in CASH! **\$35.00!!!** Can't ask for a better deal than that.*

Our TEE SHIRTS are a form of advertising. It represents our organization in letting people know that there is life after widowhood. Perhaps someone seeing you in your T-Shirt will ask "How can I join"?

*IF YOU STILL NEED YOUR TEE SHIRT AND NAME TAG email Beverly Sautter at sautter@pobox.com. There is an assortment of sizes available and there is time to place an order for you if we run out of your size and we have your order request by **September 5th**. The TEE SHIRTS are \$25.00 and the NAME TAGS are \$10.*

GROUP CHAT

We are setting up a simple way for members to communicate much like a community bulletin board. Group leaders give us some great options to get together. But there are times you see another function you would like to attend, feel like going out for an impromptu lunch, are downsizing and have furnishings or appliances you no longer need, or have a question about how to do something. You will be able to post on the group page and get quick feedback.

You need to have the Facebook Messenger App. The group name is San Diego Widows or Widowers. There should be no religious, political, or Facebook type posts. If you have questions or would like to be added to the group chat, you can email Carol Seagrave at carolseagrave@yahoo.com.



NEWS FROM THE PRESIDENT

LUNCHEON AND DINE OUT COORDINATORS NEEDED

We are in need of a **Luncheon Coordinator**. As many of you know, Jackie Greenlee has retired from doing lunch coordination. This task involves finding a luncheon place every other month and making the arrangements. It is not a big job and requires very little effort. Without a coordinator we will be down to six luncheons a year. This would be unfortunate because lunches and dine outs are our most popular events.

We also need a **Dine Out Coordinator** to complete the group. We currently have five coordinators. With a sixth, each person would be responsible for two events during the year. I have mentioned in the past that this is a minimal effort. If someone doesn't step up, there will be only ten dine outs a year. This would be unfortunate, because the dine outs are also popular events.

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**.

ADDRESS:

WOW OF SAN DIEGO

PO BOX 600004

San Diego, CA 92160

MEMBERSHIPS DUE FOR RENEWAL

SEPTEMBER

Alana Forbes

Allen Lowell

Anita Pittman

Barbara Jones

Callie Margolis

Carmen Rafferty-Howlett

Charlotte Wilson

Christine Cook

Francine Dobbin

Janice Gumtow

Joseph Stevens

Michael Hoffman

Nancy Wilder

Natalie Moynihan

Raymond Deaton

Roy Meza

Sue Wood

OCTOBER

Carolyn Quinney

Charles Peterson

Diana Anderson

Joan Bleu

LJ Emerson Crowe

Maria Zolezzi

Marjie Kallmeyer

Mary Ann Bianchini

Ralph Oliva

WELCOME NEW MEMBERS

**DEBBIE ROGERS
DONNA JOHNSON
JANET WOLCHKO**

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: **ANITA LANE (619)456-5366** or email nita.louise@gmail.com.*

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 **10:00am** at the **Allied Gardens Library**. The address is **5188 Zion Avenue, 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 Meeting.*

OUR SUNSHINE LADY- VICKIE 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 **Vickie (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.*

*******CONGRATULATIONS*******



Mr. and Mrs. William Fessler wed Saturday, August 2nd. They met at their WOW newcomers orientation session two years ago. We are thrilled for them and wish them all the best!



SEPTEMBER

Pat Rudner Sep 4
Beverly Sautter Sep 5
Joy Hines Sep 6
Janet Gail Sep 6
Barbara Matthews Sep 7
Judith Larson Sep 10
Barbara Jones Sep 13
Richard Hamlin Sep 21
William Fessler Sep 28
Maria Zolezzi Sep 29

OCTOBER

Joseph Stevens Oct 3
Sandy Jones Oct 5
Vicky Silvia Oct 7
Steve Boyer Oct 8
Kay Finn Oct 11
Colleen Heck Oct 13
Warren Walters Oct 13
Jim Reynolds Oct 17
Steven Thrasher Oct 19
Adrienne Beck Oct 24
Denise Buth Oct 26
Andrew Alongi Oct 27
Kenneth Ulrich Oct 29
John Sankis Oct 31

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

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 Membership, Anita Lane. 619-456-5366
nita2.louise@gmail.com
Decorator Director. Open
At Large, Kayti Tramel 619-464-8964
ktramel@cox.net
At Large, Andrew Alongi. 619-558-7860
learner.along@gmail.com

ANNUAL GENERAL MEETING AND ELECTIONS
POTLUCK PICNIC
LINE DANCING

ADMIRAL BAKER PARK
2400 ADMIRAL BAKER PARK ROAD
SAN DIEGO, 92120
SATURDAY, SEPTEMBER 20TH
11:30 - 3:00

PLAN TO ARRIVE BETWEEN 11:30-12:00 WITH A DISH TO SHARE
WATER AND ICE WILL BE PROVIDED
LUNCH WILL BE SERVED PRIOR TO THE MEETING COMMENCING AT 1:00

WEAR YOUR WOW T-SHIRT AND NAME TAG TO HAVE YOUR NAME ENTERED
INTO A RAFFLE
PRIZE IS \$35.00

LINE DANCING INSTRUCTION SESSION WILL START AT 1:30
LEARN A FEW STEPS FROM A PROFESSIONAL LINE DANCER

CLEANUP PRIOR TO LEAVING THE PARK BY 3:00

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: Virginia Meyers "Gin"
619-448-7113 or ginmeyers@gmail.com

Gloria Chapman
858-874-2343 or
gloriachapman41@gmail.com

Social Hour

Join your fellow WOW members for a social hour every Tuesday at 4:00 at **The Junction** 777 Jamacha Road, El Cajon. Their motto - "Great Food Good Times".

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.

Traveling Golf

Calling all men and women who may be interested in playing 9 or 18 holes of golf at various public golf clubs around the San Diego area. Let me know if you have any interest in this activity. If we have enough players, then I will arrange tee times etc. This will be an easygoing, friendly, and judgement free game. Please email Angie Reed areed0812@gmail.com with your preference on day/time and 9 or 18 holes.

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 **(702)806-6121**.*

Book Club

Carmen Rafferty-Howell is our new Book Club Chairperson. Carmen has taken over for Peggy Griffith who is taking a short sabbatical.

*The book for Saturday, September 27th is **Code Name Helene** by Ariel Lawhon. The group meets at the El Cajon Library, 201 Douglas, El Cajon on the 4th Saturday of every odd month from 11:00-12:30.*

*Contact Carmen Rafferty-Howell to reserve your place. Phone: **(619)405-7528** email carmrn4@aol.com.*

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 1:00-4:00.

COMMUNITY EVENTS

Lamplighters Theater

Lamplighters Theater is located at 5915 Severin Drive, La Mesa. WOW Members typically go on the last show date which is Sunday at 2:00pm.

For more information go to <https://www.lamplighterslamesa.com/>

Upcoming Presentations

Lettice & Lovage

August 29-September 21

Lecture and Movie at Fleet Science Center In Balboa Park

The Fleet Science Center offers a program on various topics that are discussed followed by a movie in the IMAX Theater. The program starts at 10:30am on the first Monday of every month. The cost is \$10 to attend the lecture and movie. This is not a WOW event. For more information on future lectures, you can go to their website:

<https://www.fleetscience.org/events/sharp-minds>.

As of this writing there are no scheduled events in September. However, in October the Topic is Wired Minds: Teens, Tech & Mental Health.

Dance

THE STARLIGHT DANCE STUDIO! Got two left feet? Why not join us on Wednesdays at 11:00am at the Starlight Dance Studio, 6506 El Cajon Blvd. Learn the dance steps you have Always wanted to learn. It's fun and the cost is only \$10. 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.

Grossmont Adult Education! Several classes in swing dancing, line dancing, zumba and much More are offered. Visit their website for more information:

<https://adultschool.guhds.net/Find-Your-Program/Personal-Enrichment-Classes/index.html>

LET'S DINE OUT

SEPTEMBER



1000 GRAVES AVENUE, El Cajon, CA 92021
WEDNESDAY, SEPTEMBER 24, 2025 5:00PM

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

RSVP BY September 22, 2025 TO Paula Quint 619) 579-3539 OR email: paulapquint@yahoo.com

SEE MENU AT BLACK ANGUS WEBSITE:

<https://blackangus.com/store/1015/Black%20Angus%20El%20Cajon>

SEPARATE CHECKS WILL BE PROVIDED

OCTOBER



Black Bear Diner®

1025 Fletcher Pkwy, El Cajon, CA 92020
WEDNESDAY, OCTOBER 29, 2025 5:00PM

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

RSVP BY OCTOBER 26, 2025 TO JOY HINES 619-561-0067 OR JOYHINES@ATT.NET

MENU: <https://blackbeardiner.com/menus/?store=black-bear-diner-151>

SEPARATE CHECKS WILL BE PROVIDED

LUNCHEONS

SEPTEMBER



LAZY DOG RESTAURANT AND BAR-MISSON VALLEY
1202 Camino Del Rio N, SAN DIEGO 92108
FRIDAY, SEPTEMBER 12, 2025 11:30AM

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

RSVP BY September 5, 2025 TO Pat Rudner (619) 840-6007 OR
email: kittykat312@icloud.com

SEE MENU AT LAZY DOG RESTAURANT AND BAR:
<https://orders.lazydogrestaurants.com/menu>

SEPARATE CHECKS WILL BE PROVIDED HOWEVER BRING CASH JUST IN CASE

OCTOBER



KAISERHOF RESTAURANT
2253 SUNSET CLIFFS BLVD, SAN DIEGO 92107
FRIDAY, OCTOBER 10, 2025 11:30AM

BRING CASH

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

SEE MENU: <https://www.kaiserhofrestaurant.com/>

Please call your reservation to JACKIE GREENLEE - (619)501-5220

DANCIN IN THE COUNTRY
With
LEFTY MARTIN AND HIS RIGHT-HAND MAN

TUESDAY, OCTOBER 21ST
NOON 'TIL 3:00PM



BAR-B-Q LUNCH AND DANCING
ELKS LODGE #168
7430 JACKSON DRIVE
SAN DIEGO, 92119

\$40.00 PER PERSON
MAKE CHECKS OUT TO WOWSD
MAIL TO:
KAY FINN
10156 LOS RANCHITOS ROAD
LAKE SIDE, CA 92040

CHECKS MUST BE RECEIVED BY OCTOBER 12TH

WEAR YOUR BEST WESTERN ATTIRE

September 2025

Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
		Cribbage 1:00-3:00 Social Hour-The Junction 4:00pm	Mission Bay Walk 8:15am Dance Lesson 11:00am \$10 Euchre 1:00		Balboa Park Dance Lesson 7:30pm	Lake Murray Walk 8:00am Breakfast-Gus' 8:30
7 Balboa Park Dance Lesson 7:00pm	8	9 Cribbage 1:00-3:00 Social Hour-The Junction 4:00pm	10 Mission Bay Walk 8:15am Dance Lesson 11:00am \$10 Euchre 1:00	11 Balboa Park Senior Day Dance Lesson 11:30-2:30 \$5	12 Monthly Luncheon 11:30 Balboa Park Dance Lesson 7:30pm	13 Lake Murray Walk 8:00am Breakfast-Gus' 8:30
14 Balboa Park Dance Lesson 7:00pm	15	16 Cribbage 1:00-3:00 Social Hour-The Junction 4:00pm	17 Mission Bay Walk 8:15am Dance Lesson 11:00am \$10 Euchre 1:00	18 Mexican Train 12:00-4:00	19 Balboa Park Dance Lesson 7:30pm	20 Lake Murray Walk 8:00am Breakfast-Gus' 8:30 Annual Meeting 11:30-3:00
21 Balboa Park Dance Lesson 7:00pm	22	23 Cribbage 1:00-3:00 Social Hour-The Junction 4:00pm	24 Monthly Board Meeting 10:00 Mission Bay Walk 8:15am Dance Lesson 11:00am \$10 Euchre 1:00 Dine Out 5:00PM	25 Balboa Park Senior Day Dance Lesson 11:30-2:30 \$5	26 Balboa Park Dance Lesson 7:30pm	27 Lake Murray Walk 8:00am Breakfast-Gus' 8:30 Book Club-11:00 El Cajon Library
28 Balboa Park Dance Lesson 7:00pm	29	30 Cribbage 1:00-3:00 Social Hour-The Junction 4:00pm				

Red/Bold - WOW Function

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Blue - Community Function

October 2025

Sunday	Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3	Saturday 4
			Mission Bay Walk 8:15am Dance Lesson 11:00am \$10 Euchre 1:00		Balboa Park Dance Lesson 7:30pm	Lake Murray Walk 8:00am Breakfast-Gu s' 8:30
5 Balboa Park Dance Lesson 7:00pm	6 Fleet Science Lecture & Movie 10:30am	7 Cribbage 1:00-3:00 Social Hour-The Junction 4:00pm	8 Mission Bay Walk 8:15am Dance Lesson 11:00am \$10 Euchre 1:00	9 Balboa Park Senior Day Dance Lesson 11:30-2:30 \$5	10 Monthly Luncheon 11:30 Balboa Park Dance Lesson 7:30pm	11 Lake Murray Walk 8:00am Breakfast-Gu s' 8:30
12 Balboa Park Dance Lesson 7:00pm	13	14 Cribbage 1:00-3:00 Social Hour-The Junction 4:00pm	15 Mission Bay Walk 8:15am Dance Lesson 11:00am \$10 Euchre 1:00	16 Mexican Train 12:00-4:00	17 Balboa Park Dance Lesson 7:30pm	18 Lake Murray Walk 8:00am Breakfast-Gu s' 8:30
19 Balboa Park Dance Lesson 7:00pm	20	21 Dancin In the Country 12-3:00 Social Hour-The Junction 4:00pm	22 Mission Bay Walk 8:15am Dance Lesson 11:00am \$10 Euchre 1:00	23 Balboa Park Senior Day Dance Lesson 11:30-2:30 \$5	24 Balboa Park Dance Lesson 7:30pm	25 Lake Murray Walk 8:00am Breakfast-Gu s' 8:30
26 Balboa Park Dance Lesson 7:00pm	27	28 Cribbage 1:00-3:00 Social Hour-The Junction 4:00pm	29 Monthly Board Meeting 10:00 Mission Bay Walk 8:15am Dance Lesson 11:00am \$10 Euchre 1:00 Dine Out 5:00PM	30	31	

Red/Bold - WOW Function

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Blue - Community Function

MEMBERSHIP INFORMATION

For information on membership or **copies of the Newsletter**, 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: _____ Check Membership

ADDRESS: _____ New: _____

CITY: _____ STATE: _____ ZIP CODE: _____ Renewal: _____

PHONE NUMBER: _____ CELL: _____ Male: _____

EMAIL ADDRESS _____ Female: _____

IN CASE OF EMERGENCY: Name _____ Phone _____

BIRTH DATE AND MONTH: _____

MEMBER OF: ELKS _____ VFW _____ AMERICAN LEGION _____

OTHER _____ Check Changes

HOW DID YOU HEAR ABOUT WOW? _____ Address: _____

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

I WANT TO RECEIVE THE NEWSLETTER VIA EMAIL: YES _____ NO _____

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 complete membership application, membership fees, and proof of status as a widow/widower to:

WOW of San Diego

PO Box 600004

San Diego, CA 92160

If you have any questions 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 San Diego

P.O.Box 600004

San Diego, Ca. 92160

A Social Club for Widows and Widowers