

WELCOME TO OUR

Monthly Newsletter



Welcome Aboard Tea

When: 530–8PM, 6 Sept 2025

Where: Group 10 Dolphin House

What to Bring: Your WARDROOM, favorite appetizer, dessert, or drink!

Kings Bay Dolphin Store Grand Reopening!

Mark Your Calendars! The Kings Bay Dolphin Store is reopening on Saturday, September 13, from 10 AM to 1 PM at the Triplex on Kings Bay Submarine Base—and we can't wait to welcome you back!

Our store features a wide selection of submarine and Navy-themed merchandise—perfect for service members, families, and supporters of the submarine community.

By shopping with us, you're also supporting local vendors, including many talented military spouses who bring unique, high-quality products to our shelves.

Thank you for your continued support—we look forward to seeing you there!

In this newsletter:

Silver & Gold Events, Shout Out!, Upcoming Events, Special Interests, Calendar Dates, Membership Info, and more. Keep Reading!

Happy September!

As summer winds down and school starts back up, many of us are adjusting to new routines. My own kids are beginning their senior years—one in college, one in high school—which has me reflecting on how quickly time passes. If you're feeling hopeful, nostalgic, or overwhelmed, know your feelings are valid. What matters is how we move forward—with intention and support.

Finding community isn't always easy with Navy life, but that's why SOSA exists—to connect spouses who truly understand this journey. Whether you're new to the area or just searching for your people, you're not alone. And if you see someone else who might be needing support—reach out. We're stronger together.

Some of my closest friendships started with simply showing up. So say hi, be real, ask for help, and offer it too.

There is a multitude of resources available to us:

- Chaplains—confidential support
- Fleet and Family Support Center—career help, counseling & more
- Military OneSource—answers for almost anything
- Navy-Marine Corps Relief Society—financial aid & volunteer opportunities
- And of course, SOSA is always looking for helping hands! Volunteer for the Silver & Gold Auction, help at the Dolphin Store, or share your talents and interests with fellow spouses.

Together, let's make this season one of connection, growth, and support!

Yvonne Roussakies



Shout Out!

HORSE & COW PUB & GRILL— A 70-YEAR LEGACY

The name *Horse and Cow* has mythological roots. Neptune, god of the sea, was often depicted with a small horse and a small cow (or bull). During World Wars I and II, merchant sailors—fearful of being sunk by submarines—tattooed a horse on one ankle and a cow on the other, believing it would ensure safe passage.

Founded in 1953, by Jimmy Looby—the legendary “Godfather” of the Submarine Force—Horse and Cow was dedicated to serving submarine sailors and quickly became known as a home away from home. The wild antics of the “Silent Service” crews who passed through became notorious throughout the Submarine Force and the U.S. Navy.

Today, the Horse and Cow Pub & Grill has evolved into a family-friendly restaurant while still honoring its deep naval roots. It proudly features one of the largest private collections of submarine memorabilia, spanning from WWII to the present day. With locations near submarine bases in Bremerton, WA, and St. Mary’s, Georgia; the legacy continues.

While times may change, their dedication to the Submarine Force remains unwavering. Visit the St. Mary’s location (143 City Smitty Dr, St Marys, GA 31558)—where you’ll experience the rich history, warm hospitality, and enduring spirit of the Submarine Force.

<https://horseandcow.com>

kingsbaysosa.wixsite.com



Kings Bay Silver & Gold Events

PLANNING IS UNDERWAY!

Our annual auction, supporting the Dolphin Scholarship Foundation and charities who support our local submarine community, is set for February 21, 2026 at the Triplex. A proposed theme is currently under review, and we look forward to sharing more details soon. The evening will feature both silent and live auctions, dinner, and a dessert dash—and we need your help to make it a success!

If you are interested in volunteering, please contact Silver Chair, Fiona Gentry, at (912)464-1642 or email us at silvergoldauctionkb@gmail.com.
www.facebook.com/kingsbaysilverandgoldauction

Upcoming Events

TURN A NEW PAGE WITH OUR BOOK CLUB: BOOKAHOLICS ANONYMOUS!

Love to read? Looking to connect with fellow book lovers? Join Bookaholics Anonymous, our monthly book club where stories come to life and friendships are formed over coffee and conversation.

 First Meeting: September 27

 When: 4th Saturday of every month, 12pm

 Where: Kraken Coffee & Kitchen Co.

 September’s Pick: Broken Country by Clare Leslie Hall

Whether you’re a speed reader or just trying to finish one book a month, all are welcome. We can’t wait to see you there!

kingsbaysosa@gmail.com

Add to Your Calendar

SEPTEMBER

03 SEPT: Executive Board Meeting (7:45pm)
 06 SEPT: Welcome Aboard Tea (5:30pm)
 08 SEPT: Members' Meeting—Guest Speaker:
 Allison Shores (Chamber of Commerce) (10am)
 13 SEPT: Dolphin Store Reopening
 15 SEPT: Brunch Bunch Club—Kraken Coffee &
 Kitchen Co. (122 Osborne St Ste B, St Marys, GA)
 (1030am)
 27 SEPT: Bookaholics Anonymous @ Kraken (12pm)

OCTOBER

01 OCT: Executive Board Meeting (7:45pm)
 13 OCT: Members' Meeting—Guest Speaker: Shelly
 Bohner (Navy League)(10am)
 15 OCT: Brunch Bunch Club—Grumpy's Restaurant
 (76030 William Burgess Blvd #6, Yulee, FL)
 (1030am)
 18 OCT: Dining Dolphins—Horse & Cow Pub and
 Grill (143 City Smitty Dr, St Marys, GA) (5:30pm)
 25 OCT: Bookaholics Anonymous @ Kraken (12pm)

Monthly Membership Meetings

Our monthly membership meetings are held on the second Monday of each month at 10am at the St. Mary's Submarine Museum.

Can't make it during the day? No worries! We have additional gatherings and events coming up—and we'd love to see you there.

Want to Join SOSA/SOSCA?

We'd love to have you aboard! Visit our website to learn more and fill out the membership form:

kingsbaysosa.wixsite.com

Membership Dues:

Active Duty & Retired Spouses: \$25/year

Message from the President



HELLO AGAIN,
SEPTEMBER!

September—a month of changes, new beginnings, and fresh starts—but also for many of us, this month begins with tough goodbyes that came with summer ending. We've watched our spouses leave for patrols, school is back in full swing, and hurricane season is keeping us on edge here on the GA/FL line. It's a lot—and many of us are carrying more than we show.

With so much swirling around us, I want to remind you to take care of yourself. Prioritize the yoga class, the meditation, the gym, that book on your list—or even just that deep breath amid the mayhem. It all counts.

More importantly, I encourage you to reach out to your fellow milspouses. Offer a kind word, a check-in text, a cup of coffee—or glass of wine. This past year in Kings Bay, we've mourned the loss of several active duty members to suicide. But what often goes uncounted is the number of spouses we've lost as well. These silent struggles matter.

Our submarine community may be small, but it's a strong, tightly knit family that spans coasts, ports, and duty stations around the globe. I rarely PCS to a new place without seeing an old friend, and I've learned to cherish those familiar faces during change.

Let's hold onto that. Let's lean into the strength of our community and continue to lift one another up. Here's to new beginnings, brave hearts, and the quiet strength that gets us through.

Stephanie "Rocky" Gottfried