

Comrades, Auxiliary, Boosters and Followers

Our second annual [Golf Tournament](#) to be held this year at the Zellwood Station Golf course on 3 October 2026. With only one month to go until tee-off, excitement is building for our annual golf tournament, and we are on pace to surpass last year's results! The support from our sponsors, golfers, and volunteers has been tremendous. Over the next few weeks, Joe Riner will be contacting volunteers to help with tournament activities at Zellwood. Your assistance is greatly appreciated.

The Hometown Heroes Banners program is nearing the **deadline of 15 September** for new banners. Banner renewals can be done until 15 October. Please check out the [website](#) for additional information.

Our last dinner show for 2026 featuring The U.S. Bee Gees tribute band will be held on 17 October. Ticket sales have been going very well and we anticipate a sell-out situation well before the scheduled cutoff date of 14 October. [Get your tickets now](#) or get left out for a fun evening. A delicious turkey dinner with all of the fixings will be catered by Cracker Barrel.

Lunch Time Bingo continues to be a success with events schedule for the 2nd and 4th Wednesdays through the end of the year. Come join us for a fun time and chances to win prizes. Lunch Time Bingo has been added to the [Event Calendar](#).

Our Post Chaplain, Rev. Tim, is providing a time of fellowship and discussion on the Word of God each Wednesday morning in the Post museum from 8am-8:30am.

The 50th Annual Apopka Christmas Parade, will be held on 12 December from 1000-1200. The theme this year is **"A STAR-SPANGLED CHRISTMAS"** and we need volunteers to help make our entry the best it has ever been. This will be discussed at the meeting this month.

Our website [Home | VFW Post 10147](#) is a great source of information and the easiest way for the Post to communicate with members, auxiliary, boosters and the community.



Message from National Commander

PHOTO BY RYAN BRUCE



‘One Team. One Mission. Veterans First.’

VFW’s new Commander-in-Chief is an Army veteran of the Iraq War. He seeks a “team-first” focus and wants VFW members to get active and healthy.

BY TIM DYHOUSE

Click on photo for full message

Auxiliary News

- On 2 September we hosted a Hospitality table at Baldwin Park from 10:30 AM- 1:00 PM. Our volunteers met with the veterans and passed out the treats.
- Meeting Sept 9th, 6:00 PM Dinner, 7:00 PM Meeting. We are providing dinner and the menu is casseroles. Please let Alice know what you will bring. We need desserts too!
- Sept 13th District Meeting "School of Instruction" Goldenrod Post 11:00 AM Post/Aux joint meeting. 12:00 Noon -lunch 1:00 PM -Auxiliary meeting
- Sept. 18 is POW/MIA Day
- Sept 19th Breakfast Please try to help out that day.
- Sept 26th, 8:00 AM-Noon - Flea Market at Zellwood Station, open to the public. We are collecting gently use housewares, knickknacks and collectibles. We are setting up and marking prices on Friday from Noon-5:00 PM. Please let me know if you have stuff to donate and if you can help? Alice 407-951-9048
- Sept 27th, 1:00 PM Gold Star Dinner will be at Post 8207 1520 N Ronald Reagan Blvd. Longwood.
 - We are sending \$100.00, providing gift bags for each family, decorating a table and providing a dessert. Anyone want to make a dessert? This is a wonderful time to honor these falling heroes. Please try to attend. I need to make reservations so let me know if you can attend by Sept.19th.



VFW AUXILIARY
UNWAVERING SUPPORT FOR UNCOMMON HEROES®

For Information Only

Mental Health: PTSD Strategies for Veterans

COL (ret) Loretta Forlaw, PhD (September 2026)

September is Suicide Prevention Month mentalhealth.va.gov

The Global Theme is “Changing the narrative on Suicide”

The call to Action is “Start the Conversation”

The information shared in Dr. Andrew Huberman’s Podcast is current and scientific. This description is taken from the program transcript. Please listen to the Podcast for information.

“Finding relief for post-traumatic stress disorder (PTSD) symptoms is a major clinical and research focus for the military and civilian community. Dr. Andrew Huberman’s podcast and media provide an excellent update on clinical applications for brain stimulation, behavioral protocols, and novel drug treatments to halt and reverse mental health disorders, including depression and post-traumatic stress disorder (PTSD).

Dr. Andrew Huberman Podcast guest for this episode is “Nolan Williams, M.D., a triple board-certified psychiatrist, neurologist and professor of psychiatry and behavioral sciences at Stanford School of Medicine and the Director of the Stanford Brain Stimulation Lab. Dr. Andrew Huberman and Dr. William discuss clinical applications for brain stimulation, behavioral protocols and novel drug treatments to halt and reverse mental health disorders, including depression and post-traumatic stress disorder (PTSD). They first discuss the neural circuits for self-identity and mood and stress control. They discuss Dr. Williams’ work using trans-cranial magnetic stimulation (TMS) to depression, trauma, PTSD, and other mood disorders. We then dive deep into the history, biology, modern use, and safety margins of the various psychedelics, including MDMA, LSD, ketamine, ibogaine, ayahuasca, and psilocybin, as well as cannabis and the use of SSRIs in both adults and children. Finally, they discuss behavioral treatments. Regardless of age, all those interested in mental health should benefit from the incredible breadth and depth of Dr. Williams’ knowledge and the clarity with which he conveys that information.

Modified from: <https://www.hubermanlab.com/episode/dr-nolan-williams-psychedelics-and-neurostimulation-for-brain-rewiring> <https://www.youtube.com/watch?v=X4QE6t-MkYE>

As of April 2026 – President Donald Trump signed an executive order addressing psychedelic drugs. \$50 million for research with states and directing federal agencies to fast-track the medical review of ibogaine for serious mental illness, including PTSD and addiction.

Local information: Instagram: FloridaforIbogaine Provided for information only

Event Calendar

DATE	EVENT	WHERE	TIME
9 Sep	Lunchtime Bingo	ACC	11:00 AM - 2:00 PM
10 Sep	VFW Monthly Meetings	ACC	6:00 PM - 9:00 PM
13 Sep	District Meeting/School of Instruction	Goldenrod Post 4287	11:00 AM - 5:00 PM
18 Sep	<i>United States Air Force Birthday - 1947</i>		
18 Sep	High School Game Night	ACC	4:00 PM - 7:00 PM
19 Sep	Monthly Pancake Breakfast	ACC	8:00 AM - 10:00 AM
23 Sep	Lunchtime Bingo	ACC	11:00 AM - 2:00 PM
27 Sep	District Gold Star Luncheon	Longwood Post 8207	12:00 AM - 12:00 AM
3 Oct	Annual Golf Tournament	Zellwood Station GC	8:00 AM - 11:00 AM
8 Oct	VFW Monthly Meetings	ACC	6:00 PM - 9:00 PM
13 Oct	<i>United States Navy Birthday - 1775</i>		
14 Oct	Lunchtime Bingo	ACC	11:00 AM - 2:00 PM
16 Oct	High School Game Night	ACC	4:00 PM - 7:00 PM
17 Oct	Monthly Pancake Breakfast	ACC	8:00 AM - 10:00 AM
17 Oct	Tribute to the Bee Gees Dinner Show	ACC	5:00 PM - 9:00 PM
28 Oct	Lunchtime Bingo	ACC	11:00 AM - 2:00 PM
29-31 Oct	Fall Conference	Florida Hotel	8:00 AM - 6:00 PM
10 Nov	<i>United States Marine Corp Birthday - 1775</i>		
11 Nov	Veterans Day	ACC	11:30 AM - 2:00 PM
12 Nov	VFW Monthly Meetings	ACC	6:00 PM - 9:00 PM
14 Nov	District Meeting	Longwood Post 8207	11:00 AM - 5:00 PM
20 Nov	High School Game Night	ACC	4:00 PM - 7:00 PM
21 Nov	Monthly Pancake Breakfast	ACC	8:00 AM - 10:00 AM
25 Nov	Lunchtime Bingo	ACC	11:00 AM - 2:00 PM
3 Dec	<i>VFW Monthly Meetings</i>	ACC	<i>6:00 PM - 9:00 PM</i>
9 Dec	Lunchtime Bingo	ACC	11:00 AM - 2:00 PM
10 Dec	<i>United States Space Force Birthday - 2019</i>		
12 Dec	District Golf Tournament	Dubs Dread GC	TBA
13 Dec	VFW Christmas Party	ACC	4:00 PM - 8:00 PM
18 Dec	High School Game Night	ACC	4:00 PM - 7:00 PM
19 Dec	Monthly Pancake Breakfast	ACC	8:00 AM - 10:00 AM
20 Dec	<i>National Guard Birthday - 1636</i>		
23 Dec	Lunchtime Bingo	ACC	11:00 AM - 2:00 PM

POST MONTHLY MEETINGS

PLEASE NOTE THAT DATES IN RED ARE A CHANGE FROM OUR REGULAR SCHEDULE.

10 September 2026	8 October 2026	12 November 2026
3 December 2026	14 January 2027	11 February 2027
11 March 2027	8 April 2027	13 May 2027
10 June 2027	8 July 2027	12 August 2027

Join your comrades in the museum for Coffee, Donuts and Conversation every Wednesday and Saturday morning from 0800-1000. This is also a time for members to assist with any projects.



NO ONE DOES MORE FOR VETERANS.

Post 10147

ANNUAL GOLF TOURNAMENT

<https://www.vfwpost10147.org/>

Date: 3 October 2026

Location: Zellwood Station Golf Club

Time: Registration at 0730—Shotgun Start at 0900

Price: \$100 per golfer—Buffet Luncheon for all players

Sponsorship:

- ⇒ Tournament Sponsor—Geico Insurance—Zach Ingram Agency
- ⇒ Gold with Tent—\$1000—Ability to place a tent at a tee-box to promote your business, 24"x 18" Hole Sign, and four golfers and a great goody bag for each.
- ⇒ Gold—\$600—24"x 18" Hole Sign, and four golfers and a great goody bag for each.
- ⇒ Silver—\$400—24"x 18" Hole Sign and two golfers and a great goody bag
- ⇒ Bronze—\$300—24"x 18" Hole Sign
- ⇒ In-Kind—\$50—Business card/brochure in goody bag



Lots of chances to win prizes:

- ◆ 1st (\$400), 2nd (\$300) and 3rd place (\$200) cash prizes
- ◆ 50/50 drawing
- ◆ Mulligans (\$5 each—limit four (4) per golfer)
- ◆ Hole-In-One—\$1,000 Cash Prize**
- ◆ Longest Drive Regular (\$100) *
- ◆ Longest Drive Special (\$100) ***
- ◆ Straightest Drive (\$100) *
- ◆ Closest to the Pin (\$100) *



Proceeds benefit Apopka/Altamonte Springs Post 10147's mission of supporting veterans, active duty and reserve units.

* No mulligans on prize holes.

** No mulligans. If there is no Hole-In-One winner, the \$1,000 prize will be raffled off during lunch for \$10 per chance.

*** Golfers over 80 on 3 October 2026 and handicapped golfers—No mulligans

Upcoming Events



Post 10147



ENJOY SCRAMBLED EGGS, SAUSAGE LINKS, BISCUITS AND GRAVY, COFFEE, ORANGE JUICE AND ALL YOU CAN EAT PANCAKES FOR JUST \$7. CHILDREN UNDER FIVE EAT FREE. PROCEEDS BENEFIT LOCAL VETERAN CAUSES.

RELAX AND ENJOY A GREAT BREAKFAST WHILE LISTENING TO LIVE MUSIC COURTESY OF VFW MEMBER GEORGE HAWKINS ON HIS GUITAR.

19 SEPT 2026
8 AM - 10 AM

VFW POST 10147 / APOPKA COMMUNITY CENTER
519 S. CENTRAL AVE. APOPKA, FL

VFW POST 10147 PRESENTS
A TRIBUTE TO THE BEE GEES
Dinner & Show

Saturday - 17 OCTOBER 2026
FEATURING THE U S BEE GEES



SAVE THE DATE

TICKETS GO ON SALE 4 JANUARY 2026

VFW POST 10147
519 S CENTRAL AVE
APOPKA, FL 32704

THE APOPKA VFW PRESENTS



WEDNESDAY SEPTEMBER 9TH
OPEN TO THE PUBLIC
11:30AM-2:00PM

DOORS OPEN AT 11:00AM BINGO BEGINS AT 11:30AM

LOCATION: VFW POST 10147
519 S CENTRAL AVE APOPKA FL 32703

FOOD AND PADS AVAILABLE FOR PURCHASE
\$10 FOR 10 GAMES (1 PAD) , LIMIT OF 2 PADS

THOSE WHO REGISTER WITH THIS QR CODE
WILL QUALIFY TO WIN A \$25.00 GIFT CARD!

*MUST BE PRESENT FOR THE DRAWING



***PROCEEDS GO TO SUPPORT VETERANS**

THE APOPKA VFW PRESENTS



WEDNESDAY SEPTEMBER 23RD
OPEN TO THE PUBLIC
11:30AM-2:00PM

DOORS OPEN AT 11:00AM BINGO BEGINS AT 11:30AM

LOCATION: VFW POST 10147
519 S CENTRAL AVE APOPKA FL 32703

FOOD AND PADS AVAILABLE FOR PURCHASE
\$10 FOR 10 GAMES (1 PAD) , LIMIT OF 2 PADS

THOSE WHO REGISTER WITH THIS QR CODE
WILL QUALIFY TO WIN A \$25.00 GIFT CARD!

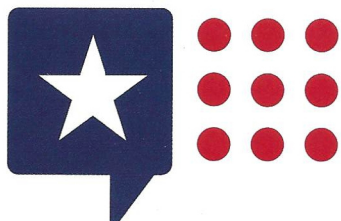
*MUST BE PRESENT FOR THE DRAWING



***PROCEEDS GO TO SUPPORT VETERANS**

Veteran Resources and News

Veterans Crisis Line



**DIAL 988 then
PRESS 1**

Confidential support is available 24/7.

Chat at VeteransCrisisLine.net/Chat

Text [838255](https://VeteransCrisisLine.net/Chat)



U.S. Department
of Veterans Affairs

Veteran Benefits

Orange County

Citizen Resource & Outreach Division

Veterans Services Office

Phone: (407) 836-8990

[Veterans Services \(orangecountyfl.net\)](https://VeteransServices.orangecountyfl.net)

Seminole County Veteran Services

Phone: (407) 665-2347

[Veterans' Services | Seminole County \(seminolecountyfl.gov\)](https://VeteransServices.seminolecountyfl.gov)

Food for Veterans

Loaves and Fishes

Phone: (407) 886-6005

[Loaves and Fishes Website](https://LoavesandFishes.org)

Patmos Chapel

Phone: (321) 370-8583

[Patmos Chapel Community Service Center | Food Banks in Florida](https://PatmosChapel.org)

The Pantry at St Francis

Phone: (407) 886-4602

[Food Pantry - St. Francis of Assisi Catholic Church, Apopka, FL](https://ThePantryatStFrancis.org)

- ♦ **We Can Help** — Helping America's service members, veterans and their families has, and always will be our top priority. [Assistance - VFW](https://Assistance-VFW.org)
- ♦ **The Veterans' Voice** — We are the voice that represents veterans everywhere and defends their rights and benefits. Our representatives stand for veterans every time. [Advocacy - VFW](https://Advocacy-VFW.org)
- ♦ **Stay Current** — Keep up-to-date on how the VFW is working across America to improve the quality of life for veterans, service members and their families, and to improve communities worldwide. [Media & Events - VFW](https://Media&Events-VFW.org)
- ♦ **We Are the Pillar of Support** — Promoting civic responsibility,, and supporting youth and local programs in communities across America are just a few of the many ways we give back to those who've afforded us our freedom. [Community - VFW](https://Community-VFW.org)

The [VFW Magazine](https://VFWMagazine.org) is now available on our website on the “VFW News” tab along with the monthly newsletter.

Hometown Heroes

The Hometown Heroes Banner program has been enhanced this year to offer an annual renewal for banners that have reached the end of the original two-year display agreement while continuing the ability to sponsor a new banner with the original two-year display. A donation of \$25 per year will extend the original agreement. Should the sponsor desire to take possession of the banner at the end of the two-year display agreement, please send an email to vfwpost10147@yahoo.com and with your contact information and a member of the Post will contact you to make arrangements.

The program has been very successful and with the commitment of the City of Apopka will continue into the foreseeable future. We have a commitment from the City to displaying as many banners as are sponsored /renewed.

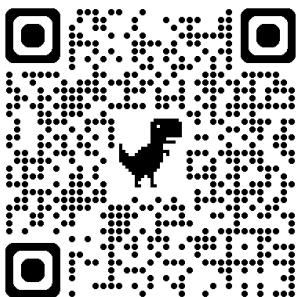
The initial year saw 32 banners sponsored and last year yielded another ten banners. The campaign this year is off to a great start with five sponsors (will be contacted during May) expressing interest and we already have five renewals.

New Banners—The banners (24" x 60") will be personalized with the veteran's name and branch of service and be displayed on Duke Energy poles along Main Street in Apopka from mid-October to mid-November for two consecutive years. Reserve your personalized banner with a donation of \$125. Your donation will cover the cost of the personalized banner and promotional expenses. The last date to reserve your banner is 15 September 2026.

At the end of the second year, the banner will be given to the sponsor or can be renewed for an additional year for a donation of \$25 per year.

Click [HERE](#) or scan the QR Code below to be taken to the website to process your request.

THANK YOU FOR SUPPORTING VETERANS AND VFW POST 10147.

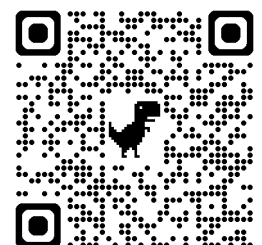


2026-2027 Individual Boosters

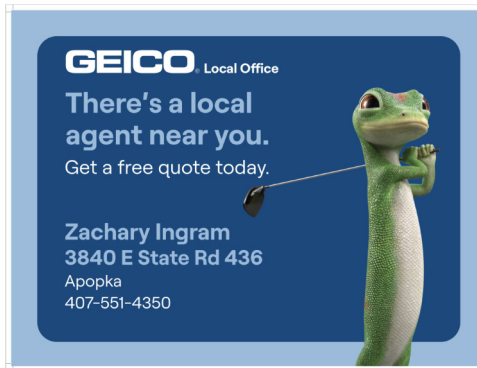
Anderson, Dwight & Linda	Mar-27	Kara, Mike	Jun-27
Bell, Charles	Feb-27	Lawler, Patricia	Nov-26
Bernardo, Loretta	Dec-26	Luther, Pat	Jul-26
Borjas, Armanda & Blanca	Dec-26	Marasco, Louis	Aug-27
Bove, Russell & Sandy	Aug-26	McFadden, Mike	Jul-27
Brown, Brad & Barbara	Mar-27	Morrison, James II	Aug-27
Burke, Charlene	Jan-27	Morrison, Jim & Valerie	Aug-27
Capper, Renate	Jun-27	Popp, Bob & Kathy	Jul-26
Collins, Jim & Karen	Aug-26	Pride, Melody	Oct-26
Conde, Ted & Sarah	Oct-26	Riner, Joe	May-27
DiCarlo, Marty	Dec-26	Sarra, Maryann	Sep-26
Doerfer, Rolland	Jan-27	Schmidt, Kristin	Jun-27
Dougherty, Thomas & Roberta	Oct-26	Smith, Sharyn	Jul-27
Finno, Lillian	May-26	Sutton, Carol	Aug-26
Gray, William	Jun-27	Swobodzien, Frank & Brian	Jun-27
Greene, Jim & Cindy	Jul-26	Urfer, Niles & Cheryl	Oct-26
Griffie, Jerri	Jul-27	Veschio, Leah & David	Oct-26
Hamrick, Pat and Bo	Jun-27	Wardell, Stacy	Oct-26
Hauck, Jack	Oct-26	Wardell, Wonder	Oct-26
Henry, Stan	Nov-26	Warren, Peggy	Jun-27
Hibler, Frank & Cindy	May-26	Waters, Judith	Jan-27
Howell, Patti	Jun-26	Yeager, Ken & Nancy	Jul-26
Kara, Joe & Elizabeth	Jun-27		

THANK YOU BOOSTERS FOR YOUR SUPPORT OF VFW POST 10147

Please scan the QR Code or click [HERE](#) to register or renew your booster membership.



2026-2027 Business Boosters



Please click on the business sponsors logo to learn more about our sponsors and remember to support the businesses that support VFW Post 10147 and local veteran causes.

SPINE LABS

The Apopka Chief

TRUSTED LOCAL NEWS SINCE 1923

2026-2027 Business Boosters



Please click on the business sponsors logo to learn more about our sponsors and remember to support the businesses that support VFW Post 10147 and local veteran causes.

CELEBRATE YOUR NEXT PARTY OR SPECIAL EVENT AT THE APOPKA COMMUNITY CENTER



**If you have questions, wish to book an
event, or check available dates**

Phone—407-703-1642

Email

apopkacommunitycenter@apopka.net



PLEASE DO NOT CONTACT THE VFW REGARDING RENTALS