



# Lamm Lights

**I remember your sacrifice, I honor  
your courage, and I do not forget,  
That it was you, Who paid the high  
price For Freedom**

**George F. Lamm Post  
962 Wehrle Dr.  
Williasville, NY 14221  
716 - 204 - 2405**



**Commander Phil**



**Proud To Be American**

## **Hello Everyone,**

In these trying times due to COVID 19, please try to stay as safe and healthy as you can. Just to let you know the Erie County American Legion, Department, National and local post levels have cut back on most activities. Unfortunately, there was no Flag Day ceremonies at the local Elementary schools. This year's BOYS STATE program was cancelled as well.

There will not be a Membership meeting in September, however we will have one on October 14th. I would like to hold our Flag Retirement Ceremony at 6:15 PM followed by our Membership meeting at 7:15 PM. If you are able to attend, please bring your mask and maintain social distancing. It would be great to see you there.

Once things get better and we are able to open up again, I hope that you will come out and support our Post

For God and Country,

Commander Phil

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Got a minute? Tell the Post what you think of the monthly newsletter "Lamm Lights." Send your response to dominicsavarino@verizon.net. If you would like to contribute to improving our newsletter, please feel free to contact me with your interests

*Thank You!*

**TO GET US ON FACEBOOK  
GO TO  
GEORGE F. LAMM POST**

**JOIN US**

**General Membership Meeting**  
**Second Wednesday Of The Month**  
**7:00p.m.**

**Ladies Auxiliary Meeting**  
**Second Wednesday Of The Month**  
**7:30p.m**

*The Lamm Lights will be ready for viewing on the  
5th of every month on our website.*

*Just go to  
**americanlegionpost622.com**  
and click on newsletter to view.*



**To Book your event at  
the George F. Lamm Post  
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*Anthony P. Amigone Sr*



US Army Veteran  
Korean War  
52 year member  
of Lamm Post  
Anthony P. Amigone, Sr.



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# Putting career on hold to help win war

Never underestimate the power of a mother and how it will reach in your life.

World War II veteran and Silver Star recipient Frank A. Matthews begins his story of military service by recalling his mom, who worked as a cleaning lady in the home of Alfred H. Kirchhofer, who at time was managing editor of the Buffalo Evening News.

One day while cleaning Mary Matthews asked Kirchhofer if he would consider helping her oldest son advance in life.

“I was employed making the first turn signals for cars at KK Specialty Co. on East Ferry Street,” recalls Frank Matthews, known as Matty. “ Then I got the call from Mr. Kirchhofer and met with him. He said I could be a photographer, engraver or printer, said I chose printer.”

It turned out to be a good decision the 21-year-old, but before his career as a printer could gain momentum, Uncle Sam borrowed him for a while.

“I’d received an-1-A notice from the East Aurora Draft board, and I went to them and asked how long it would be before I was drafted,” he says. They told me by the end o 1941.”

Rather then be told the branch of the military in which he would serve, Matthews decided to take control of his destiny.

“I walked over on my lunch hour from the newspaper to the downtown post office and enlisted in the Army Air Forces,” he remembers, adding that it was the branch where “I wanted to be.”

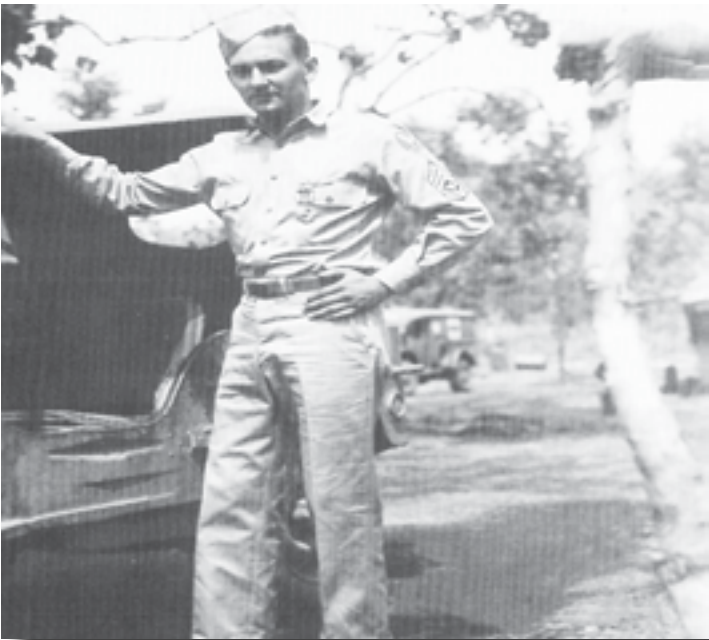
“It was the best decision I made, “ he said “I got through it.”

But just barely.

Inside a B-24 Liberator bomber, nicknamed “Eager Beaver,” he and his crew-mates often limped back home in their air strip at Port Moresby, New Guinea.

On bombing runs to various Pacific islands where the Japanese maintained military installations, the Eager Beaver frequently endured enemy fire.

“The sky was so black at times with anti-aircraft ack-ack that we felt we could step out on the plane and walk on it.” Matthews says.



And when the flak wasn’t thickening the air, there were agile Japanese fighter pilots shooting at the American bombers.

“One of my crew members narrowly missed death.” Matthews recalls. “His handgun was in a shoulder holster, and it stopped a bullet from a Japanese fighter plane.”

During another close call, Japanese gunfire exploded the radio inside the bomber, and the radio operator never recovered from the shock lf tne hit.

On bombing runs to various Pacific islands where the Japanese maintained military installations, the Eager Beaver frequently endured enemy fire.

“The sky was so black at times with anti-aircraft ack-ack that we felt we could step out on the plane and walk on it.” Matthews says.“Our pilot told me he had no control and that the cable to the rear rudder must have been shot out,” Matthews says. “I dropped out of my top gun turret and walked to the back of the plane on a catwalk. As soon as I got to the bomb bay, I saw the cable hanging.

“I got the two waist gunners to help me pull the cable back together, and then I began splicing it with more cable and tow clamps.

With the plane still under heavy attack, the repair job got complicated.

The waist gunner frequently returned to their positions and defended the plane while Matthews used his bare hands to keep the rubber operational.

“As the cable moved,” he says “I went with it, holding it together.

Eventually, with the help of waist gunners, Matthews spliced in the new section of cable and returned to his turret.

By the time the plane touched down,the No 3 engine was dead, and the craft’s fuselage was raked with more than to holes from flak and machine gun bullets.

And consider this: During the harrowing flight, Matthews had flown without a parachute. That’s because his other duties on the aircraft, as flight engineer, required him to respond quickly throughout the plane. The parachute, he said just got in the way.

Was he frightened?

“I probably was scared and didn’t know it”

For his bravery in saving the 10 member crew, he was awarded a Sliver Star, the nation’s thrird-highest medal for valor.

When he returned home a war hero, Matthews said Kirchhofer made sure he was able to resume his old ob. But let’ not forget the woman who had helped Matthews get the job in the first place, his dear Mother.

“When my mom was too old to clean for the Kirchofers,“Mathews says, she remained good friends with Mr. and Mrs. Kirchhofer and would go to their home on her scheduled day, and they would sit and have coffee.

Even though she could not carry out the demanding duties of cleaning, she still received her wages, for the Kirchhofers thought that highly of Mary Matthews.

Her son would end up retiring as assistant supervisor of the composing room at The Buffalo News after some 45 years of service. Having made his family and his county-ad his newspaper very proud.



## Frank A. Matthews, 91

**Hometown:** Griffins Mille

**Residence:** Elma

**Branch:** Army Air Forces

**Rank:** Technical sergeant

**War Zone:** Pacific

**Years of service:** 1941-45

**Most prominent honors:** Silver Star,  
Distinguished flying Cross, Air Medal with three oak leaf clusters.

**Specialties:** Top turret gunner and flight engineer on b-24 Liberator bomber



## Attention' Meat Raffle Lovers

The George F. Lamm Post Manor and grove is one of Western New York's premier facilities for hosting Meat Raffle. Our facility can hold up to 330 people with two full services bars. We are just minutes from the Buffalo Airport and easy thruway access via the NYS 90, I-290 and RTE 33 (Kensington Expressway) with plenty of convenient parking. We are handicapped accessible entrance and lavatory.

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**George F. Lamm Auxiliary**  
Please join us in honoring and  
supporting our Male & Female Veterans  
who serviced our country.



## Health Care Proxies and Covid-19: Is it Time to Update?

As the coronavirus pandemic continues throughout the country, many people are concerned whether the Health Care Proxy they have in place needs to be updated. Health Care Proxies not only designate the person you want making health-care decisions on your behalf, but also your specific wishes depending on the circumstances. With an illness like Covid-19, where the ability to recover is unknown, it is important that your Health Care Proxy outlines your wishes in the event that you find yourself in such a situation.

At the Stamm Law Firm, we remain focused on our clients' needs given the current crisis and are committed to providing Health Care Proxies that cover any medical crisis that you, or a loved one, find yourself in. If you are concerned that your Health Care Proxy, or any other estate planning documents, need to be updated, make an appointment for a free consultation with one of our attorneys today.

\*The information provided in this article does not and is not intended to constitute legal advice. All information and content of this article is for general informational purposes only. Readers of this article should contact their attorney to obtain advice with respect to any legal matter.

\*Attorney Advertising: Stamm Law Firm, 1127 Wehrle Drive, Suite 100, Williamsville, NY 14221 (716) 631-5767

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To our veterans and active duty men and women,  
Thank You for your service to our  
community and country!



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Lamm Manor & Lamm Grove

**Geo. F. Lamm Post Manor and Grove** is one of Western New York’s premier banquet and grove facilities. It is conveniently located at **962 Wehrle Drive, Between Cayuga Road and Union Road, Williamsville, NY** just minutes from the Buffalo Airport and easy Thruway access via the NYS 90, I-290 and RTE 33 (Kensington Expressway). We offer full service banquet hall facilities for all your special occasion needs, with **plenty of convenient parking!** Lamm Manor and Grove has handicapped accessible entrance and lavatory.

We will gladly customize a beverage package to fit your needs for your Buffet, Family Style or Sit Down Dinner needs.

The downstairs **Manor Lounge** is great for smaller parties, showers, & birthdays accommodating up to 90 people, Main Manor Hall: can accommodate up to 230 people.



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- Wedding receptions
- Reunions - family, school, and friends
- and more...

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Exe. Board Meeting 7p.m.  Enterprize Meeting 8p.m.	3	4	5
6  Grove Church 9-12	7	8  Elevator Union meeting Grove 4-8p.m.	9	10	11	12
13  Grove Church 9-12	14  Amherst Republican Board Meeting 6-8p.m.	15	16	17	18	19
20  Grove Church 9-12	21	22	23	24	25	26  Curuch Party Grove
27  Grove Church 9-12	28	29	30			



## Ashland Pest Control

### Residential Pest Control for Buffalo, and Western New York, NY

Ashland Pest Control is a local, family-owned and operated pest control business in Buffalo, NY. We began operations in 1968 under the vision of owner Richard Muscarella, Sr. His son Richard Muscarella, Jr., took over the company in 1980 and has carried it through to today. Ashland Pest Control has always relied on ethical pest management services, including integrated Pest Management strategies. We do what we can to provide the most customer satisfaction for our clients.

Our services are available for home and business owners throughout Buffalo and Western New York. We pay special attention to environmental factors and regulations with each service we provide. These effective services rely on the latest technologies and updated methods. Our technicians are all New York State DEC-certified and continue to stay up-to-date with the latest techniques and changes to state regulations so we can provide the absolute best services.




**Chairman Karl Simmeth**  
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THANK YOU FOR OUR FREEDOM

**Chairman Frank Barone**




**Grover Cleveland Alumni**  
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WHO SERVED THE UNITED STATES IN ALL WARS



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ALL THAT IS NECESSARY FOR THE TRIUMPH OF  
EVIL IS FOR GOOD MEN TO DO NOTHING



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**Memorial Day, 2019**  
Thank You Veterans  
and Active Members  
of the Military For Your  
Service To Our County.

Erie County Legislator  
Edward Rath  
Akron - Amherst - Clarence - Newstead



## LIVING WELL



## SELF-CARE AT HOME

Even as states lift restrictions in the wake of COVID-19, Americans whose age or health conditions put them at particular risk may choose to stay close to home. While doing so, don't neglect your psychological well-being.

- **Take care of yourself first, then take care of the others around you.** If you have what you need, you will be better able to provide for what loved ones and others might need. Encourage those around you to do the same.

- **Make a to-do list for every day.** The goals must be reasonable and attainable. Routines promote time management and help lower anxiety and worry.

- **Stick to your schedule as much as possible.** Create achievable due dates for yourself, and stick to them as much as possible.

- **Take small breaks throughout your day.** Do something different during these times.

- **Get your news from the most reliable sources available.** Check at least two sources when trying to glean the facts. Trust, then verify.

- **Be careful about excesses of any kind.** Too much news, TV, coffee, etc., should be avoided. Find other activities worth doing. What about art, music, writing – anything else that gives you a sense of satisfaction? When faced with difficulties, it is hard to justify such behaviors to ourselves. But doing so may help you be more effective in other, more tedious things you have to do. If you have extra time, try learning a new skill.

- **Find a way to talk to other people.** Make use of Skype, Facebook, FaceTime, Zoom, telephone and other forms of staying in touch – whatever works for you. Even casual connections help you feel involved and vital.

- **New routines may be necessary.** Make them realistic and, where children or grandchildren are concerned, child-friendly. Routines should be predictable and structured, to help deal with uncertainties and stress.

Whether or not a second wave of coronavirus occurs, it's worth preparing for a future pandemic or similar circumstance:

- **Develop a personal and family plan.** Write down what you need now and what you will likely need to get through this situation and ones that may occur in the future.

- **Preparation at all levels.** The purchase of food, water, necessities, toiletries, etc., should be ongoing to avoid the hoarding that often occurs during man-made or natural crises.

- **Develop a mindset of survival.** Avoid adopting the attitudes of most people: "It probably won't happen to me," "it won't be that bad," or "even if it is that bad, there is nothing I can do about it anyway." These are simply not true.

- **Put together a "go-bag."** Include items you may need for yourself and those close to you. Plan for circumstances that require you to leave your home and those that may require you to shelter in place. Plan a bag for each member of your family, including your animals, and keep them stocked and up to date.

James L. Greenstone is professor of disaster and emergency management at the Nova Southeastern University Dr. Kiran C. Patel College of Osteopathic Medicine. He is a member of Donald N. Thompson American Legion Post 655 in Haltom City, Texas.

## Safe defrosting

WebMD reminds us to be smart about how we thaw food.

Once frozen food gets warmer than 40 degrees, it's in the "danger zone" where bacteria multiply quickly. As outer areas thaw, they reach that stage before other parts of the food – and can spoil it.

The fridge is the safest way to thaw your food, keeping it at 40 degrees or below throughout the defrosting process. Ground meat and chicken breasts usually take a full day, while a frozen turkey needs 24 hours for every five pounds.

While hot water thaws food quickly, it also raises the temperature past the 40-degree mark. But cold water is safe. Fill the kitchen sink, put the food in a leak-proof bag and change the water every 30 minutes. The cold-water option thaws a pound of meat in an hour.

Never thaw food in a dishwasher, garage, basement or on the back porch. The microwave is safe, though the food doesn't always thaw evenly. Don't use a slow cooker, and don't start a slow cooker with frozen meat or poultry. Pressure cookers heat quickly enough to be safe.



## COMMANDER'S MESSAGE

## Unequal treatment violates nation's highest values

Many high-profile events pertaining to race and law enforcement have rocked this country to its core in recent months. For those of us who have served in the military, and who now serve our communities in The American Legion, the tension has been especially difficult to comprehend.

The American Legion stands on principles and serves purposes that are violated when justice, freedom and democracy are not applied equally, regardless of race, color, creed, gender or class. These principles formed the foundation of the organization over a century ago, in a very different and deeply divided time in U.S. society. As our nation grieves and tries to reconcile the unconscionable deaths of African-American citizens George Floyd, Breonna Taylor, Ahmaud Arbery, retired St. Louis Police Department Capt. David Dorn, Federal Protective Services officer Patrick Underwood and others, The American Legion remains firm in a value it has upheld, in the form of a national resolution, since 1923:

*WHEREAS, The fundamental law of our country guarantees to all peoples equal rights and equal opportunities and the right to worship their God as they see fit; and ...*

*WHEREAS, Membership of The American Legion is made up of those who served our country in a time of great national stress, without distinction as to race, color, creed or class; and ...*

*RESOLVED, ...That we consider any individual, group of individuals, or organizations, which creates, or fosters racial, religious or class strife among our people, or which takes into their own hands the enforcement of law, determination of guilt, or infliction of punishment, to be un-American, a menace to our liberties, and destructive to our fundamental law; and be it finally*

*RESOLVED, That we consider such actions by any individual, groups, or organizations, to be inconsistent with the ideals and purposes of The American Legion.*

This resolution's place in The American Legion's conscience is so timeless that it was reaffirmed, in full, at the organization's 99th National Convention in 2017.

Throughout its history, The American Legion has fought to improve racial equality not only for veterans, but for the communities they serve. In 1919, African-American veterans of World War I were among the organization's founders who adopted a mission statement – the Preamble to the American Legion Constitution – that pledges among other things "to maintain law and order," "promote peace and goodwill on earth" and "safeguard and transmit to posterity the principles of justice, freedom and democracy."

Where the law has been broken, justice must be served. Where freedom has been denied, it must be returned without prejudice. Our nation has much to consider as we continue to strive toward a shared goal found in the Pledge of Allegiance to our flag: "with liberty and justice for all."

All means all. Anything less than complete equality in the application of these values today is as un-American now as it was in 1923.

*James W. "Bill" Oxford*

THE AMERICAN LEGION MAGAZINE | AUGUST 2020



National Commander  
James W. "Bill" Oxford

## MEMORANDA

## "FOUNDING VALUE, LONG MARCH FOR EQUALITY"

An article on The American Legion's national website explores the organization's history of working to improve equality in the United States.

legion.org/library

## TANGO ALPHA LIMA

What happens when three post-9/11 veterans walk into their podcast studios? Timely conversation, revelry, and hot takes about topics of interest to veterans and the military community. Meet the co-hosts, and listen to and/or watch all episodes, at [legion.org/tangoalphalima](https://legion.org/tangoalphalima).

## PURPLE HEART DAY

Aug. 7 is Purple Heart Day. On that date in 1782, George Washington established the Badge for Military Merit – forerunner of the Purple Heart. The award we know today was created in 1932, the bicentennial of Washington's birth. The National Purple Heart Hall of Honor estimates that roughly 1.8 million Purple Hearts have been awarded. If you do not have a Purple Heart or any other medal that you or a loved one earned, [archives.gov](https://archives.gov) has information on how to request one.



# VOTING IN NEW YORK STATE 2020



## Registration

Register to vote by Oct. 9. (Some people — those who are honorably discharged from the military or become a naturalized citizen after Oct. 9 — can register in person by Oct. 24.) If mailed, your voter registration must be postmarked by Oct. 9 and received by Oct. 14. You can register online [here](#).



## Voting early

Counties must offer early voting Oct. 24-Nov. 1. Check with local election officials for locations and the exact schedule in your area.



## In-person voting

So far, no plans to close polling places have been announced.



## Requesting an absentee ballot

In order to vote absentee, you must have an excuse, such as being sick or out of town on Election Day. You can download an absentee-ballot application [here](#). The deadline to apply by mail is Oct. 27; the deadline to apply in person is Nov. 2.



## Submitting an absentee ballot

Absentee ballots must be postmarked (or dropped off in person) by Nov. 3 and received by Nov. 10.



## What we're watching

The state legislature has passed several bills to make it easier to vote by mail during the pandemic, including allowing voters to cite fear of the coronavirus to vote absentee. The bills are awaiting Gov. Andrew Cuomo's signature.



## ***Uncle Sam Wants YOU! to help stop coronavirus***

1. **HANDS** - Wash them often
2. **ELBOW** - Cough into it
3. **FACE** - Don't touch it
4. **SPACE** - Keep safe distance
5. **FEEL** - Sick stay home
6. **Wear** - A Mask





# LAMM LIGHTS



**Distribution List for Erie County  
American Legion Posts - Veterans of Foreign Wars Post - Amvets Post**

**Published Monthly By The George F. Lamm Post #622  
962 Wehrle Drive Williamsville NY, 14221**

**September, 2020**

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