



LAMM LIGHTS Newsletter for March 2022

Website: <http://americanlegionpost622.com>



George F Lamm Post 622 will be hosting....

Meat Raffles

**Saturday March 12th and 19th
also Friday March 25th**

**Open to
the Public**

**doors open
at 5 PM**

Events 6 PM to 10 PM



Commander Phil

Commander's Message

Hello everyone, I hope that all of you and your families are doing well and staying safe. Hopefully once the weather gets better in May/June we'll be able to have some Post events. We could really use the assistance from a couple members or even non-members from the community who would like to assist with Post event planning. I am hopeful that we will be able to hold a couple Chicken BBQ's through Weidner's this summer.

I would like to reach out to all of our Veterans out there, who may be reading our newsletter. I would like for you to know that some of our main interests are Children and Youth programs as well as Family events. When we have membership meetings it is not a time for you to leave your family to go to the Post. I would hope that your family come with you, they could wait in our Lounge or in nice weather do things outside.

If you are a Veteran and not a member, please consider joining us, we also have an Auxiliary who would love to speak with your spouse. We can use your help and input on ways that we can make our Post a much better place to come to and succeed with our Legion programs. I would love to see our Sons of The Legion started up again, if we can get enough interest. If you would like to join us or maybe volunteer a couple hours of your time, please call myself or one of our officers listed in the newsletter.

For God and Country

Commander Phil

LAMM POST OFFICERS 2022

Commander	Phil English	716-398-8008
1st Vice	Paul Shea	716-906-9257
3rd Vice	Don Helminiak	716-668-2905
Sgt-At-Arms	Don Helminiak	716-668-2905
Finance Officer	Bob Bruno	716-574-5574
Corp. President	Paul Shea	716-906-9257
1st Asst. Chaplin	Ernie Bacon	1-585-317-8946

EXECUTIVE BOARD AT-LARGE MEMBERS 2022

Frank Barone	716-833-4138
Rick Herrmann	716-243-5348
David Shia	716-907-2329
Paul Shea	716-906-9257
Duane Swirgos	716-830-0435

AUXILIARY OFFICERS 2022

President	Debbie Diebold	716-836-9617
1st Vice	Theresa English	Unlisted
Secretary	Susana Colon	716-491-2429
Treasurer	Mary Ann Bush	716-759-1171
Chaplain	Sharon Huber	716-901-1092
Sgt-At-Arms	Lynne Nowak	716-361-0772

Contact the Post at
gflamm962@gmail.com

**Call Bob For
 Your Next Event Or
 Fundraiser
 716-335-4881**

**Lamm Post
 Clubhouse..... 716-204-2516**



The George F. Lamm Post is always looking for Volunteers to help with our Fund Raising Events.

All of the events held at the Lamm Post need good dependable people to make each and every event a huge success.

Current Post members, family members or anyone that can help us out, please call the Post Club house **716-204-2516** and leave your contact information or email us at

gflamm962@gmail.com

Dates and Times vary depending on the event, so let us know when you would be available.



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



**THANK YOU LAMM POST
 VETERANS AND ALL WHO
 HAVE SERVED TO KEEP US
 FREE**

**The Officers & Members of the Elevator
 Constructors Local 14
 Buy American, Use Union Labor
 3527 Harlem Rd. Buffalo, NY**


Auxiliary Updates

I hope everyone enjoyed their holidays and was able to stay healthy throughout the past months.

We will be restarting our meetings on March 9, 2022. We will be meeting at 7 pm. We will be holding our elections shortly; if anyone is interested in holding an office, please let us know. We are always on the lookout for new members! If you know anyone who is interested in joining our worthwhile organization, send them our way!

Come join us at one of our meetings! We'd love to see more members attending our meetings. We'd love to have your suggestions or questions. Let us know how we're doing – good or bad! Board members – we will have a short Board meeting before the general meeting and will start at 6:30.

Debbie Diebold
President



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GARY WODARCZAK
MANAGING PARTNER

1975 WEHRLE DRIVE
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EDWARD RATH
NEW YORK STATE SENATOR
61ST DISTRICT



Salutes and thanks the brave members of Our
Military for their service to our Country.

District Office: 1961 Wehrle Drive, Suite 9
Williamsville, NY 14221 716-631-8695

Albany Office: 188 State Street, Legislative Office
Building Room 513, Albany NY 12247






email:
gflamm962@gmail.com

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THE AMERICAN LEGION
VETERANS STRENGTHENING AMERICA

What The American Legion does:

- Delivers, free of charge, all U.S. flags for the graves of American military personnel laid to rest at overseas cemeteries.
- Provides cash assistance to needy military and veteran families with children at home.
- Purchases comfort items and recreational opportunities, from loose-fitting sweat suits for burn victims to amusement park tickets for families of hospitalized military personnel recovering from wounds and illnesses.
- Provides volunteer hours and services at VA medical facilities at an estimated annual value of \$20 million.
- Fulfills needs and provides firsthand support for veterans suffering from post-traumatic stress disorder and traumatic brain injury through a variety of therapeutic programs that are not dependent on prescription drugs.
- Awards college scholarships to children of post-9/11 veterans who died on active duty, or have a combined VA disability rating of 50 percent or greater.
- Distributes urgent cash assistance to veterans whose homes have been badly damaged or destroyed by natural disasters.
- Distributes more than \$500,000 a year in grants to organizations that provide support for children in need.
- Sponsors and supports hundreds of youth programs, including more than 3,000 Scouting units, nearly 4,000 American Legion Baseball teams, dozens of Junior Shooting Sports clubs, Junior ROTC and Junior Law Cadet programs.
- Provides relief, support, shelter, training and compassion for homeless veterans.
- Supports and demands a full accounting and repatriation, when possible, of all U.S. military personnel listed as Prisoners of War or Missing in Action.

RPLY-HLGFMTSRVV-21



Rutowski Pharmacies



Tile Pharmacy 1031 Cleveland Dr.
Cheektowaga
716-632-4888

Sinclair Pharmacy 75 North Main St
Warsaw
716-786-2330

Wanakah Pharmacy 4923 Lakeshore
Dr. Hamburg
716-624-3232

Cys Elma Pharmacy 2317 Bowen Rd.
Elma, NY
716-652-3920

Kenmore RX Center 2818 Delaware
Rd. Kenmore, NY
716-874-6360

Family Medical Pharmacy 120
Plaza Dr.
Williamsville, NY 716-568-0800

Who We Are:

Rutowski Pharmacies are a locally owned group of six New York State accredited pharmacies dedicated to offering professional healthcare services to members of our community.

What We Do:

- Medication dispensing
- Medication organization (pill packs)
- Medication and device education
- Immunization (flu shot)
- Compounding
- Institutional services

Institutional Service

Flu Shot Clinics: We provide onsite immunization service for employers, schools, health care facilities, and groups.

Medication Organization: We provide medication organization services to individual patients as well as health care facilities such as nursing homes. We can tailor our services to fit any institution's needs. Our standard offerings include pill pack and blister cards.

Medication dispensing: We are able to provide medication dispensing services to an inpatient facility such as nursing homes, rehabilitation centers, group homes, etc. This includes delivery services and medication review if required.



Many families come to us already having Wills, Powers of Attorney, and Health Care Proxies in place but ask if it is time to update their documents. During the course of our lives, there are many life events that may occur that will affect your Estate Plan.

Couples get married or divorced, have young children, have children that have become adults since the last update to their documents, decide they no longer want a person named as a beneficiary or executor in their Will, or have a death in the family. The happening of any of the above events is the time to sit down and re-evaluate your Estate Plan.

If you are unsure whether or not your Estate Planning documents need to be updated, call the Stamm Law Firm today to make an appointment for a consultation with one of our attorneys.

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

The Stamm Law Firm

1127 Wehrle Drive, Suite 100, Williamsville, NY 14221

716-631-5767

George F. Lamm Post Members Meeting



**2nd Wednesday of the month
March 9th at 7 PM**

**We would love to see
all Members attend.
See you there!
Please Support
Your Post**



Meat Raffles

Doors open at 5 PM **6 PM to 10 PM** Open to the Public
Saturday March 12th and 19th - Friday March 25th



Reservists and National Guard Join Our Post Now

716-906-9257



ROTARY CLUB OF WILLIAMSVILLE, NY Chartered in 1925



Rotary is a global network of 1.2 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change - across the globe, in our communities, and in ourselves.

Rotary members believe that we have a shared responsibility to take action on our world's most persistent issues. Our 35,000 + clubs work together to:

- Promote peace
- Fight disease
- Provide clean water, sanitation, and hygiene
- Save mothers and children
- Support education
- Grow local economies

To get involved contact: Richard A Wojtowicz - President 716-634-2730
email: wojtowiczr@aol.com



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.



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THANK YOU FOR GOD AND COUNTRY.

Anthony P. Amigone Sr.



US Army Veteran
Korean War
52 year member
of Lamm Post
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George F. Lamm



George F. Lamm
(American Legion Post)



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March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Note: Meat Raffles Doors Open at 5PM</i>		1	2 <i>Executive Meeting</i>	3	4	5
6 <i>B-D Party (tara) Manor</i>	7	8	9 <i>Post Members Meeting 7PM</i>	10	11 <i>Set up for meat raffle (help wanted)</i>	12 <i><u>Meat Raffle</u> 6 pm to 10 pm</i>
13	14	15	16	17 	18 <i>B-D Party Manor 7-12</i>	19 <i><u>Meat Raffle</u> 6 pm to 10 pm</i>
20 <i>B-D Party Manor 1-6</i>	21	22	23	24	25 <i><u>Meat Raffle</u> 6 pm to 10 pm</i>	26
27	28	29	30	31		

PTSD Consultation Program

1-866-948-7880

VA National Suicide Prevention Line

1-800-273-8255

Veteran Suicide Prevention for WNY

716-862-3123