



**LAMM LIGHTS Newsletter for May 2022**  
**Website: <http://americanlegionpost622.com>**

**We need**

**YOU!**



**Commanders Message**



The American Legion is not just a bunch of old guys sitting around (or standing), drinking and exchanging war stories. It's about community and helping others.

While some Legion Posts activities do not always support this at the front level, that is easy for all to see, it also depends on those members of the organization that oversee and assist in the activities. **The National American Legion Organization** supports all types of programs to assist and to help Veterans.

With the recent and ongoing health concerns in the community, many programs and events have ben put on hold or vanished altogether. Yes, the membership of Legion Posts have declined, but the younger vets need to step up and help in reorganizing these events and activities to the programs that they would like to see in these organizations. The goal should be to keep these organizations operating.

With the increase of mental health and mobility issues of younger vets, each organization needs to be able to provide the services and facilities to support our younger veterans that have served our country.

We at the **George F. Lamm Post** encourage you to join our organization and be a front runner to assisting in making those changes that need to be made.

**Follow the Lamm Post 622 on Facebook...**  
**George F. Lamm**

## The George F. Lamm Post needs your help.



The Lamm Post is an organization that operates from the income it takes in from events that are held at the Lamm Post.

In order to maintain the facility, The Lamm Post American Legion depends on help from Volunteers to assist in providing the



services needed for each event. Some are minimal, while others are more complex. There are several events planned that will need Volunteers in order to make the

event successful and to ensure the Post makes profits to keep this location open.



are needed. While the Lamm Post does have such people, they at times can be few and far between, leaving the bulk of the work to be handled by a few.

Legion family members, Friends and neighbors are all welcome to help out as Volunteers. If you can help, let us know when you are available, either by event, days or times. Please include along with your name, a contact phone number and your email. Email your information to: [georgeflamppost622@gmail.com](mailto:georgeflamppost622@gmail.com)

## LAMM POST OFFICERS

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
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](mailto:gflamm962@gmail.com)

**Call Bob For  
Your Next Event Or  
Fundraiser  
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Lamm Post  
Clubhouse..... 716-204-2516



## Amherst Republican Committee Supports the George F. Lamm Post

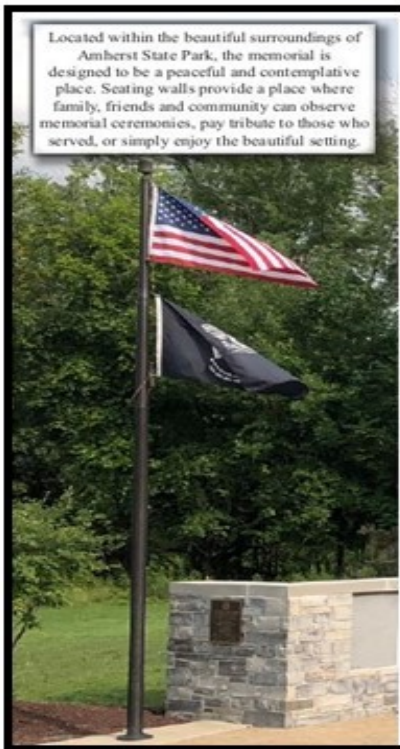
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**WE THANK ALL MILITARY PERSONNEL  
WHO SERVED THE UNITED STATES IN  
ALL WARS.**



## Amherst Veterans Memorial

390 Mill Street  
Williamsville, New York 14221



Located within the beautiful surroundings of Amherst State Park, the memorial is designed to be a peaceful and contemplative place. Seating walls provide a place where family, friends and community can observe memorial ceremonies, pay tribute to those who served, or simply enjoy the beautiful setting.



This Memorial is in honor of the brave men and women of the United States Army, Marines, Navy, Air Force and Coast Guard

The Town provides engraving services to inscribe the names of individual United States Military Veterans, both living and deceased. The memorial is flanked on both sides by granite panels.

A limestone wall, featuring cast bronze seals of the United States Army, Marine Corps, Navy, Air Force, and Coast Guard forms the centerpiece of the memorial. Water, symbolic of life, flows from the stone beneath each medallion and collects in a reflecting pool at the base of the wall.

A copy of the brochure can be download from:

[https://www.amherst.ny.us/pdf/veterans/200205\\_veterans\\_memorial.pdf](https://www.amherst.ny.us/pdf/veterans/200205_veterans_memorial.pdf)

## Post-Traumatic Stress Disorder (PTSD)

Veterans, like other people, respond to traumatic events in a number of ways. They may feel concern, anger, fear, or helplessness. These are all typical responses to a violent, malicious, or traumatic event. However, research shows that people who have been through trauma, loss, or hardship in the past may be even more likely than others to be affected by new, potentially traumatic events.

Traumatic events can cause a range of reactions. In response to new traumatic events, Veterans may:

- have general distress or see an increase in his or her PTSD symptoms
- become quick to anger, sleep poorly, or drink more heavily
- try to avoid all reminders or media about the incident, or shy away from social situations

Recent traumatic events may also trigger old memories among Veterans. When facing a new traumatic event some Veterans expect and/or prepare for the worst based on their past experiences. For example, Veterans may:

- become overly protective, vigilant, and guarded
- become preoccupied by danger
- feel a need to avoid being shocked by, or unprepared for, what may happen in the future

Some symptoms can include:

- military and homecoming memories
- depressed mood
- general distress
- use and abuse of alcohol or other substances

### Additional Information

Crisis Helpline: To learn about healthcare and treatment options, please for Contact the U.S. Department of Veterans Affairs (VA) Crisis Line: 1.800.273.8255, press 1

For more information, [visit their website. https://www.ptsd.va.gov](https://www.ptsd.va.gov)

The PTSD Coach app was developed by the Department of Veterans Affairs to learn about and how to cope with symptoms of PTSD. Research studies have shown that PTSD Coach can reduce PTSD symptoms, especially when used as part of therapy. The app may also help with symptoms of depression. PTSD Coach is not meant to replace professional care.

### Additional Assistance:

If you would like to learn more about the benefits and services you may be eligible for as a Veteran, servicemember, or as a family member of a Veteran or servicemember, please call the New York State Division of Veterans' Services Help Line at 1.888.838.7697 (VETSNSYS), where you may also schedule an appointment with one of our Veterans Benefits Advisors.

The **George F. Lamm Post** wants to acknowledge our regular advertising supporters. Their support is very instrumental in maintaining our overall mission. We are pleased that these advertisers are proud to support our veterans and legion members.

A special **Thank You** goes out to all of our sponsors and advertisers.



**Please Support Them.**



If you would like to be a sponsor or wish to advertise in our newsletter, please contact the Lamm Post. Thank You. [gflamm962@gmail.com](mailto:gflamm962@gmail.com)



**Renew Your Membership Now!**

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Your Support**



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**Call : 716-906-9257**



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**Family Medical Pharmacy** 120  
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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.



# STAMM LAW FIRM



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**

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## George F. Lamm Post Members Meeting



**2nd Wednesday of the month**  
**May 11th at 7 PM**

**We would love to see**  
**all Members attend.**  
**See you there!**

**Please Support**  
**Your Post**

**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

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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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*Anthony P. Amigone Sr.*



US Army Veteran  
Korean War  
52 year member  
of Lamm Post  
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our Veterans and**

**The George F. Lamm Post**



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EDWARD RATH  
NEW YORK STATE SENATOR  
61<sup>ST</sup> DISTRICT



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

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May 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <u>Party—Manor</u> <u>12:30</u>	2	3	4 <u>Executive Board</u> <u>Meeting</u>	5	6 <u>J-Wed Manor</u> <u>5-12</u>	7 <u>Meat Raffle</u> <u>6 pm</u>
8  Mother's Day	9 <i>Republican</i>	10 <i>Elevator Union</i>	11 <u>Post Members</u> <u>Meeting 7PM</u> <u>Auxiliary Meeting</u> <u>6:30PM</u>	12	13	14 <i>Party</i>
15	16	17	18	19	20	21 <b>Grove—BACA</b> <b>Benefit 1PM</b>
22	23	24	25	26	27 <b>Party</b> <b>Grove 5-10</b>	28
29	30 <b>Memorial Day</b> 	31				



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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**

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