



**LAMM LIGHTS Newsletter for July 2022**  
**Website: <http://americanlegionpost622.com> 716-204-2516**



Commander Phil

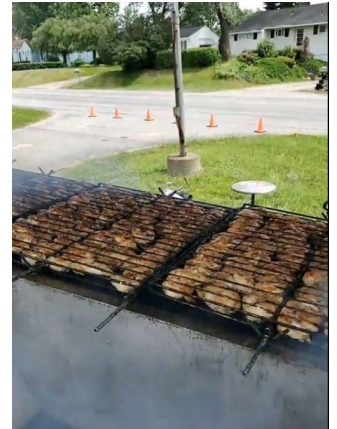


## Commanders Message

I would like to thank everyone that helped out and made the Lamm Post's Chicken Dinner Drive Thru Take Out a success. We couldn't have done it without the help of the Auxiliary and the post members and volunteers that showed up to help out.

With July being a very busy month for all, there will not be a Post Members meeting in July, but we will meet again on August 10th, the second Wednesday of the month.

Also, in July the Lamm Post is hosting the American Legion County meeting on the 28th of July. Anyone that could help out, please let me or Theresa know as your help would be greatly appreciated.



**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.

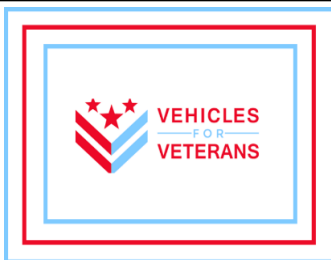
Rotary members believe that we have a shared responsibility to take action on our world's most persistent issues. Our 35,000 + clubs work together to:

- 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](mailto:wojtowiczr@aol.com)



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



## Vehicles for Veterans Makes the Most of Your Old Jalopy

Charities that allow you to donate cars for Veterans' support might operate a little differently than you'd expect. When you donate a vehicle, you're providing it to a Veteran. You're providing a vehicle to the non-profit, which then sells it and donates the proceeds to charities that benefit our Veterans. This is great, as it means car donations for veterans don't even have to be in working order to make a difference. You can donate any vehicle, no matter the condition. It's a win-win. You finally get rid of that old clunker and charities like Vehicles for Veterans make good use of it.

Honestly, donating cars to Veterans couldn't be any easier. Vehicles for Veterans will pick up your vehicle for free, handle the additional paperwork, and provide you a receipt. They even accept boats, RVs, campers, and ATVs, too.

There are so many charities that provide support to Veterans in need. Here are some of the great programs to which Vehicles for Veterans donates:

- Operation Homefront
- TAPS
- Hope for the Warriors
- The Fisher House Foundation
- Folds of Honor
- Homes For Our Troops
- Veterans Airlift Command
- Semper Fi Fund
- The Bob Woodruff Foundation
- Operation Gratitude
- Tragedy Assistance for Survivors
- Echo Hill Ranch Inc.
- Intrepid Fallen Hero's Fund
- Gary Sinise Foundation
- And many more

### Tax Deductible Donation

By the way, Veteran car donations are 100% tax deductible. In fact, if a donated vehicle sells for less than \$500, you can claim the fair market value. If the vehicle sells for more than \$500, you can claim the sale amount.

### How to Donate to Vehicles for Veterans and Claim your Tax Deduction

Call Vehicles for Veterans at 1-877-646-1976 or fill out their [online donation form](#).

They will reach out within one business day to arrange your free vehicle pick-up.

The tow truck arrives, and your vehicle is towed.

You will receive a receipt for the sale of your vehicle in the mail.

**A Special Thank You  
to one of our sponsors.**



**2975 Walden Ave, Depew, NY**

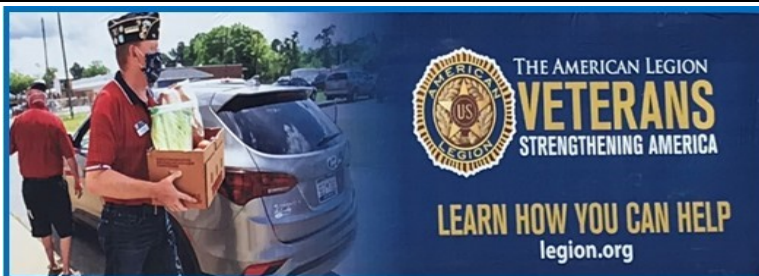
**716-683-7336**

**Thank You for Supporting our Troops,  
our Veterans and**

**The George F. Lamm Post**



**Please support our sponsors**



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## 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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### 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



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.

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



# Pets for Patriots Provides Companionship to Two Very Special Populations



Did you know that every day, twenty Veterans take their own lives? Or that a shelter pet is euthanized every eight seconds due to lack of space? **Pets for Patriots** provides resources that help Veterans combat **mental health challenges** and adopt their new best friend while connecting the most overlooked shelter pets with loving homes.

## Benefits of Pets for Patriots

Not only does Pets for Patriots promote emotional support dogs for Veterans and protect the bond between animals and their humans, but they also work to make lifetime pet ownership more affordable.

The non-profit offers **several benefits** to Veterans, dog adoption or cat adoption included. They also make contributions toward pet food and other basic needs, provide discounts on pet goods and services, and connect Veterans to high-quality, affordable veterinary care.

## Getting Started with Pets for Patriots

In order to participate with Pets for Patriots, there must be at least one shelter or rescue partner within 40 driving miles of your home address. Simply enter your address on their **program availability page** to find participating partners.

[www.petsforpatriots.org/adopt-a-pet/program-availability/](http://www.petsforpatriots.org/adopt-a-pet/program-availability/)

Once you've established that Pets for Patriots operates in your area, simply complete **the online application** to get started. After you receive your approval email, you can start the search for your new best friend! Qualified applicants must:

- Have completed a minimum of 190 days of military service after basic training.
- Provide proof of service.

## Patriots for Pets, Too

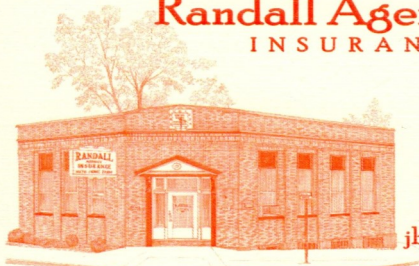
There's a benefit to the animal in all of this, too. First and foremost, Patriots for Pets works to prepare former members of the military for pet adoption. This ensures that the Veteran is truly aware of and ready for all that pet ownership entails, reducing the chances that he or she will need to return the pet.

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

Chairman - Brian Rusk  
CoChairs - Marty Mutka & Steve Sementelli  
SEcy - Ruth Ann Barone  
Asst. Sect - Terri Sams  
Treas - Eugene Sibick  
Sgt at Arms - Sean Sonstello  
Chairman Emeritus - Carl Balmas

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

### Randall Agency Inc. INSURANCE



Jennifer L. Bucki  
Licensed Agent

Ph: (716) 992-3488

Fax: (716) 992-9398

[jbucki@randallagency.com](mailto:jbucki@randallagency.com)

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**E** [gary@caboodleprinting.com](mailto:gary@caboodleprinting.com)





# 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.

# **S** LAW FIRM **TAMM**

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**



## ARE YOU A VETERAN?

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CONSULTATION.

THANK YOU FOR GOD AND COUNTRY.

*Anthony P. Amigone Sr.*



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



716-836-6500  
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Contact the Post at  
[gflamm962@gmail.com](mailto:gflamm962@gmail.com)

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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  
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 3527 Harlem Rd. Buffalo, NY**



**July 2022**

**We need  
 YOU!**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Grove Party 5-10</i>	2 <i>Grove Party</i> <i>Manor Stag Party</i>
3	4 <i>HAPPY 4th of July</i>	5	6	7	8 <i>Manor— Wed Recep</i>	9 <i>Grove Grad Party 4-10</i>
10	11 <i>Republican</i>	12 <i>Elevator Union</i>	13 <i>Executive Board Meeting</i>	14	15 <i>Grove Party 5-10</i>	16 <i>Grove Baby Shower</i> <i>BD Party Manor</i>
17 <i>Grove Party</i> <i>Manor party 1-5</i>	18	19	20 <i>Manor 6-to 9</i>	21	22	23 <i>Manor 60th Party</i>
24 <i>Lounge Party</i>	25	26	27	28 <i>County Meeting Grove</i>	29 <i>Grove Party 5-10</i>	30 <i>Lounge Party</i>
31 <i>Baby Shower</i>						



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**George F. Lamm Post  
 Members Meeting**



**There will not be a  
 Members Meeting in July.**

**The next meeting will be  
 the 2nd Wednesday of the month  
 August 10th at 7 PM  
 Please Support  
 Your Post**