



# GEORGE F. LAMM

## POST 622

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



Commander Phil

**We need YOU!**

### Commanders Message

Hi Everyone, I hope you are having a good summer and are able to get out and do things. I would like to remind you that we will be having our Flag Retirement ceremony down by the Grove prior to our Membership meeting next month. It is scheduled for Wednesday September 14th starting at 6:30 PM to be followed by our meeting @ 7:00 PM. I hope that some of you will be able to make it.

I have some very important information to share with you. With the fall/Winter months coming soon, the Executive committee has voted to change things up a bit. **We are moving our Executive committee / Enterprise board meetings to the second Saturday of every other month starting at 10: 00 AM to be followed by the Membership meetings at 11:00 AM.**

That will mean that we are cutting back on all of our meetings. We will be meeting on the even months only. A sample would be (October/December 2022, then starting in 2023 February/April/June) this is on a trial basis. We are trying this for two reasons:

- 1) With the winter months coming soon enough, it will cut back the times that we will need to travel in bad weather and not much information to give out in the winter months.
- 2) We are hopeful that if we have meetings in the day time, more people may be able to attend the meetings.

Please call myself or any of our Officers of the Post with any questions or concerns.

For God and Country

Commander Phil

**George F. Lamm Post  
Members Meeting**



**The next meeting will be  
Wednesday September 14th, 2022  
at 7:00 PM**

**Please Support  
Your Post**

**George F. Lamm Post**



**Flag Retirement Ceremony  
at 6:30 PM on Wednesday  
September 14th, 2022**

**Drop off or turn in any old or damaged  
American Flags before the 14th of September.**

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

### 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 |
| Post Manor Number |               | 716-204-2516   |

### 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 |

"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

### 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.

Contact the Post at  
[gflamm962@gmail.com](mailto:gflamm962@gmail.com)

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Your Next Event Or  
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716-335-4881**



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| 5479 Main Street<br>Williamsville, NY 14221<br>716-634-5515 | 2075 Niagara Falls Blvd<br>Amherst, NY 14228<br>716-691-8219 | 3019 Union Road<br>Orchard Park, NY 14227<br>716-674-3344 |
|---|--|---|

**THE GEORGE F. LAMM POST FAMILY AND  
FRIENDS PICNIC WILL BE HELD ON SUNDAY  
SEPTEMBER 25TH FROM 12 TO 4 PM  
IN THE GROVE.**

**EVERYONE SHOULD BRING A COVERED DISH  
TO SHARE. THE MAIN MEATS WILL BE  
PROVIDED . BEER AND WINE WILL BE  
AVAILABLE TO PURCHASE.**

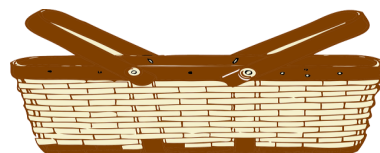
**POP WILL BE PROVIDED.**

**RSVP TO THERESA OR PHIL BY THE 15TH OF  
SEPTEMBER SO THEY KNOW HOW PEOPLE TO  
EXPECT FOR THE EVENT.**

**716-507-2144 OR 716-398-8008 OR EMAIL**

**RSVP TO**

**GEORGEFLAMMPOST622@GMAIL.COM**







**PATRIOT**  
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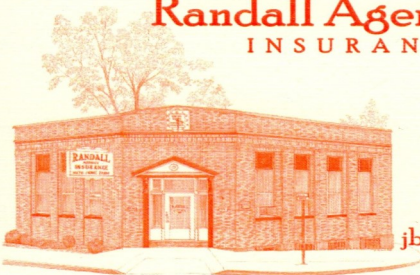
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**F** 716.810.9326  
**E** gary@caboodleprinting.com

**Reservists and National Guard**  
**Join Our Post Now**  
**716-906-9257**

**Randall Agency Inc.**  
INSURANCE

Jennifer L. Bucki  
Licensed Agent

Ph: (716) 992-3488  
Fax: (716) 992-9398  
jbucki@randallagency.com

8584 S. Main Street • Eden, NY 14057

## IN – PERSON EVENT

**VA**



U.S. Department of Veterans Affairs  
Veterans Benefits Administration  
Outreach, Transition and Economic Development

## SAVE THE DATES

**September 14-15, 2022**

Buffalo and Erie County Naval and Military Park  
1 Naval Park Cove, Buffalo, NY 14202

## BUFFALO ECONOMIC DEVELOPMENT INITIATIVES 2022

**September 14-15**

### Claims Clinics

Connect with a claims processor to check claim status or to receive insight into next steps in filing a VA claim for service connected conditions

**EMPOWERING**

**WESTERN  
NEW YORK**

**VETERANS**

**September 14-15**

### Presentations

Learn more about connecting to VA Benefits and resources, physical and mental health, and much more.

**September 14**

### Spouse and Caregiver Clinic

Discover details about spousal benefits, caregiver resources, and support options.

Economic Development Initiatives connect the military community – Veterans, service members, and caregivers – with VA benefits and services to create economic opportunity and total well-being

**September 15**

### Town Hall

Connect with national and regional leaders as they address Veteran initiatives and answer live participant questions





## 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.



"Protectors of Health, Property and Environment"

406 Connecticut St. Buffalo, NY 14213  
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ashlandpest@hotmail.com

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**MILTON J BROUNSHIDLE**  
**SONS OF THE AMERICAN LEGION**  
SQUADRON 205 PRESENTS:

**FUN**

**PRIZES**

**FREE CHILDREN'S FUN & GAMES DAY**  
SATURDAY  
SEPT 24TH  
11am—2:30pm

**300 BASKET RAFFLE PLUS 10 LARGE SIDE RAFFLES 50 SHELF RAFFLE 50/50 DRAWINGS at 3pm**

**Open to All 12 & Under with Adult**

**REFRESHMENTS AVAILABLE**

**ALL ABILITIES ENCOURAGED TO ATTEND**

3354 DELAWARE AVE  
KENMORE  
NY

**THE GEORGE F. LAMM POST**

**MEAT RAFFLE**

**FRIDAY OCTOBER 21ST, 2022**

Join Us For a Fun Evening  
and a Chance to Win

**Doors open at 6:00 PM First Spin at 7:00 PM**

**Admission is \$10 per person which includes Beer, Wine or Pop**

**Raffle Tickets \$1 or \$2 per Round**

**Proceeds to benefit the George F. Lamm Post**

BRING YOUR COOLER AND SNACKS,  
AND OF COURSE YOUR DOLLAR BILLS

962 WEHRLE DRIVE WILLIAMSVILLE NY

NO OUTSIDE BEVERAGES AS PER NYS LAW





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ARE ENTITLED TO FOR YOUR FINAL  
ARRANGEMENTS?

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ARE HERE TO ASSIST YOU. CALL  
TODAY FOR A FREE  
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.

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# 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**

**716-631-5767**



# 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.



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



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to one of our sponsors.




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our Veterans and  
The George F. Lamm Post  
Please support our sponsors



# September 2022



| Sun  | Mon   | Tue                         | Wed  | Thu                                  | Fri                      | Sat   |
|--|---|-----------------------------|--|--------------------------------------|--------------------------|---|
|  |   |                             |  | 1                                    | 2                        | 3<br><i>Party Grove</i>                               |
| 4  | 5<br><br>labor day | 6                           | 7<br><i>Executive Board Meeting</i>  | 8<br><i>County Auxiliary Meeting</i> | 9                        | 10  |
| 11<br><i>Party Manor</i><br><br><i>Party Grove</i>                           | 12<br><i>Republican</i>   | 13<br><i>Elevator Union</i> | 14<br><i>Post Members Meeting 7PM</i><br><i>Flag Retirement Ceremony at 6:30</i> | 15                                   | 16                       | 17<br><i>Talisha—Lounge</i><br><br><i>Grove—Party</i> |
| 18<br><i>Grove Kids Party</i><br><br><i>Manor Party</i>                      | 19  | 20                          | 21<br><i>Kenny Manor 6-9pm</i>   | 22                                   | 23                       | 24<br><i>Jack n Jill 6:30 PM</i>                      |
| 25<br><i>Party manor</i><br><br><i>Lamm Post Family &amp; Friends Picnic</i> | 26  | 27                          | 28   | 29                                   | 30<br><i>Party—Manor</i> |   |

**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