



GEORGE F. LAMM

POST 622

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

Happy Holidays



Commanders Message

I hope that everyone had a wonderful Thanksgiving holiday with their families and friends. It is hard to believe that we are entering the Christmas and winter season already. Things will be pretty slow at the Post with a couple of parties here and there. If anyone is interested, a couple of meat raffles will be held in the Post Manor in the first few months of the new year. More information will be in the Lamm Lights in the coming months.

We need
YOU!

The U.S. Flag Retirement Box, that was built by the grandson of Commander Tom O'Connell from the Niagara Frontier Post has been delivered. It currently sits in the entrance hallway of our Post. It will eventually be available for people to use outside, once it has been coated with a protected sealant. The box still needs a couple needed additions also in order to protect it from the harsh winter weather.

If anyone is interested in the Post Christmas Party on **Sunday December 18th**, please let one of the people listed know about it. There is a limited number of seating that will be available.

For God and Country

Commander Phil

MONDAY, OCTOBER 03, 2022



Suicide Prevention Is Top Priority, State Commander Tells Local Posts

A packed banquet hall at Oriskany Post 1448 greeted Department leaders during their visit to Oneida County.

ORISKANY – During his visits to counties around New York State, Department Commander David R. Riley Sr. is identifying veteran suicide prevention as the number one priority for The American Legion.

The latest statistics show 17 veterans taking their own lives every day, he told the packed banquet hall at Oriskany Post 1448 during his official visit to Oneida County on Sunday, Oct. 2. That veteran suicide rate “is 50 percent higher” than the rate for non-veterans, he said.continued on page 3

George F. Lamm Post

Members Meeting



The next meeting will be
Saturday December 10th, 2022
at 11:00 AM
Please Support Your Post

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		
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 Swigros		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

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Williamsville, NY 14221 716-631-8695

Albany Office: 188 State Street, Legislative Office
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Suicide Prevention Is Top Priority, State Commander Tells Local Posts

He cited “Be the One,” an American Legion nation-wide suicide-prevention campaign, which is aimed at getting veterans and the Legion Family to contact other veterans and ask how they are doing, and to reach out to those exhibiting signs of at-risk behavior. It also encourages struggling veterans to reach out for help.

In addition, he said later, the American Legion Department of New York has established a \$1.5 million fund to support organizations and programs that combat post-traumatic stress, suicide and homelessness.

Riley noted that he joined the Legion because of its programs for youth – he had been looking for a Scout troop for his son to join and found one sponsored by a Legion Post — and because he earned the right as an Air Force veteran. Now, he said, he gets great satisfaction from seeing the Legion assisting and honoring veterans, from seeing a child whispering to Santa at a Legion Post’s children’s Christmas party, and from seeing the Legion’s impact on government policy and legislation (such as the GI Bill). His personal projects include raising funds for two Legion charities – the Temporary Financial Assistance Program, which helps disaster-struck Legionnaires, and Operation Comfort Warrior, which provides supplies and equipment to wounded warriors.



In a similar vein, Department of New York Auxiliary President Nancy Babis pointed to her theme for the 2022-2023 year, “Charting a Course to Serve Our Veterans.” She expressed her commitment to raise funds to send veterans to Washington, D.C. to visit the war memorials there through the Honor Flight program.

During a visit there herself, she was particularly struck by the “service before self” inscription on the Air Force Memorial near the Pentagon. The quote, part of the Air Force’s core values, could also describe the American Legion Family, she said. “It reflects us and our mission.”



The third state-level leader to speak, Sons of the American Legion Detachment Commander Timothy Van Patton II, pointed to putting the work of the Legion and the Sons at “center stage” in the public’s eye.

“We are absolutely amazing as an organization,” he said, sponsoring programs for youth, community and veterans, yet “never telling a single soul about it.”

He is also spreading the word about another organization, the Civil Air Patrol (CAP), which is the search-and-rescue, aerospace education and youth mentoring auxiliary of the U.S. Air Force. His personal project as detachment commander is to raise funds for New York Wing’s cadet program, which introduces youth to flying in Cessna planes, to the world of science and technology, and to leadership encampments (such as New York Wing’s summer encampment at Hancock Air National Guard Base in Syracuse).

Some 100 members from Legion Posts, Auxiliary Units and Sons Squadrons from around the county turned out for the event, officially welcoming home Commander Riley, the third Oneida County resident to be elected state commander in the Legion’s 103-year history. Most of those units made donations to the state leaders’ charitable causes. With a motto of “Veterans Strengthening America”, The American Legion has been serving veterans, community, youth and patriotic activities since its founding in 1919.

"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

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Happy Holidays



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Happy New Year



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legion.org

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George F. Lamm



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US Army Veteran
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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



Troop Support

The American Legion provides troop support through various programs nationwide and believes there is no separating the warrior from the war. Those who put their lives on the line in defense of their country – and their fellow citizens – deserve America's total support.

[List of programs at <http://www.legion.org/troops>.](http://www.legion.org/troops)

Heroes to Hometown

"Heroes to Hometowns" is a transition program for severely injured service members returning home.

"Heroes to Hometowns" establishes a support network and coordinates resources for those servicemembers.

If you are a servicemember, veteran, or family member of a servicemember or veteran who has been severely injured, please fill out the [Heroes to Hometowns assistance request form at <http://www.legion.org/heroes/assistance>.](http://www.legion.org/heroes/assistance)

"Heroes to Hometowns" can provide:

- A Welcome-home celebration
- Temporary Financial Assistance
- Pro-bono financial planning
- Housing assistance
- Home and vehicle adaptation
- Government claims assistance
- Family support

You may contact "Heroes to Hometowns" at:

Americanism Division

heroestohometowns@legion.org

Office: (317) 630-1255



Come to the Next George F. Lamm Post Members Meeting on Saturday December 10th, 2022 and Receive a Free Veteran Hat
Meeting Starts at 11 AM

Hats Donated By

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George F. Lamm Post #622



**Post Member Christmas Party
Sunday December 18th, 2022**

2 PM to 6 PM

**Post Members \$10
Non-Members \$15**

Limited Availability

**R.S.V.P. to Theresa at 716-507-2144
or email to: georgeflammpost622@gmail.com
by December 13th**

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Rutowski Pharmacies



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, helath 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 taylor 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, groups homes, etc. This includes delivery services and medication review if required.

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November 19, 2022

Fifty of America's bravest, representing five branches of the U.S. military, successfully completed Buffalo Niagara Honor Flight #12 to the nation's capital this October and arrived home to a rousing welcome at Buffalo International Airport. Their sacrifice and courage earned them the right to take part in the 22-hour mission, entitled, as was its predecessors, "One More Tour With Honor." It was the expressed honor of hundreds of patriotic individuals and companies throughout Western New York and Northern Pennsylvania to find the dollars and the manpower to lift the \$1,500-per-veteran flight skyward.

Pictured above are five of our honored Mission #12 crew in quiet reflection at the World War II Memorial, just one of 10 national memorials included in the daylong itinerary. Veterans from World War II, Korea and Viet Nam as well as guardians and volunteers comprised Honor Flight #12. News crews from Channels 2, 4 and 7 accompanied the mission to film broadcast footage and live-stream our day.

Flight Mission #13 will fly this spring! It is scheduled for Saturday, April 15, 2023. Plans are already well underway to make this another successful flight to honor our heroes from World War II, and the Korean and Viet Nam Wars.

A landmark two-day flight mission is announced for Spring 2023. With thoughtful input from Mission #1 through #12 veterans, Buffalo Niagara Honor Flight has committed to test a prototype plan for a slower-paced, two-day flight mission, which would enable older and more physically challenged veterans to participate in Buffalo Niagara Honor Flight missions. In the spirit of "Ceiling and visibility unlimited," we are pleased to announce that Flight Mission #14 will take place June 16, 2023 to June 17, 2023. Post-flight evaluation of this landmark mission, which will include crew surveys as well as analysis of additional donations needed to fund this no-cost-to-veterans, all-volunteer initiative, will help determine if two-day flight programs can be offered regularly alongside our historic one-day flight missions.

You are the wind beneath our wings. Help us keep the missions soaring. Donate! Volunteer! Encourage veterans from World War II, Korea and Viet Nam to apply for future flights! Thank you for YOUR service!

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- Grow local economies

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



December 2022

We need
YOU!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10 <i>Board Meeting 10 AM</i> <i>Members Meeting 11 AM</i>
11	12 <i>Republicans</i> <i>Manor Party</i>	13 <i>Elevator Union</i>	14	15	16 <i>Party Manor C. White</i>	17 <i>Party Lounge Jessica</i>
18 <i>Post Members Christmas Party RSVP's only</i>	19	20 <i>Party Manor 5-10</i>	21 <i>Party Manor 6-9</i>	22	23	24
25 	26	27	28	29	30	31

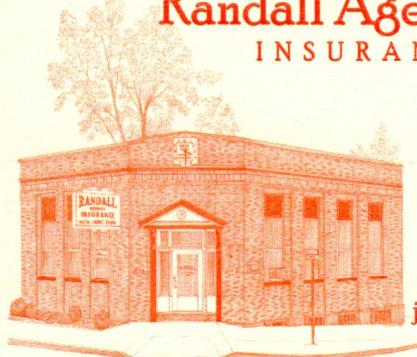
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WHO SERVED THE UNITED STATES IN
ALL WARS.**

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