



LAMM LIGHTS Newsletter for January 2023
Website: <http://americanlegionpost622.com> 716-204-2516



Commander Phil

Commanders Message

Hi everyone,

I would like to start off by wishing all of our Legion family members and anyone else who may be looking at our website a very Merry Christmas and a Happy New Year. I realize that we do have Post members who unfortunately lost their soul mates over the last couple of years. The holidays will never be the same but I know that you have loving family members that are there for you to help you get by these rough times.

I would like to thank everyone that came out for our Post Members, Family and Friends Christmas party. It was a catered event that featured great food, door prizes and raffle baskets. We were able to provide a DJ who entertained us with a variety of Christmas music throughout the afternoon/early evening.



Our next Executive Board meeting is scheduled for Saturday, February 11th 2023 at 10:00 AM followed by the Membership meeting at 11:00 AM. Hopefully some of our members will be able to make it there. Please pass the word to other members that I will be handing out more veteran ball caps at the next meeting courtesy of Bank of Buffalo. If they would like, they can make other arrangements with me to get their caps. Please take care and enjoy the holiday season.

I would also like to thank our supporting sponsors and advertisers who help support our troops and the George F. Lamm Post. The revenue generated by the ads helps our post with some budgetary items. **Please support them by using their services.**

Amigone Funeral Home, Stamm Law Firm, Rutowski Pharmacies, The Original Pancake House, Capital Heat Inc., Ashland Pest Control, Randall Agency Inc. Insurance, Caboodle Printing and Patriot Snowplow and Lawn Care. Also a special notice of support from the Amherst Republican Committee, The officers and members of the Elevator Constructors Local 14 and The Rotary Club of Williamsville, NY.

For God and Country

Commander Phil

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Sgt-At-Arms	Don Helminiak	716-668-2905
Finance Officer	Bob Bruno	716-574-5574
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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 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
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Can you imagine what this would be like for our military family. Don't worry about it will arrive late.



From: The Erie County American Legion Auxiliary

When filling out your Christmas cards this year,
take one card and send it to this address:

A Recovering American Soldier, c/o Walter Reed
National Military Medical Center 8901 Rockville
Pike Bethesda, MD 20889-5600.

If we pass this on and everyone sends one card, think of how many cards these wonderful, special people, who have sacrificed so much would get.

Also, other cards would also be helpful.

New York State Division of Veterans' Affairs [New York](#)

[State Division of Veterans' Affairs](#) | [The American Legion](#) www.legion.org/veteransbenefits/newyork

The New York State Division of Veterans' Affairs (DVA or Division) advocates on behalf of New York's Veterans and their families, as individuals and as a group, to ensure they receive benefits granted by law for service in the United States Armed Forces.

The Division provides free benefits advising. Experienced and dedicated advisors — each a Veteran — work in a network of field offices across the state and offer Veterans and their families with professional help to resolve social, medical, and economic matters.

Veterans Benefits Advisors assist the claimant — whether a Veteran, spouse, child, or parent — in completing applications, obtaining necessary documentation, and filing claims for a broad spectrum of federal, State, local, and private Veterans' benefits. Veterans Benefits Advisors also assist by responding to follow-up correspondence and, appealing an unfavorable ruling.

By working closely with other State, federal, local, and private agencies, the Division of Veterans' Affairs utilizes the expertise and resources of others to help Veterans and their families with specific needs, such as economic, employment, rehabilitation, medical treatment, home health care, education, and tax exemption.

The Division plans and coordinates outreach services within the community and works closely with the United States Department of Veterans Affairs (VA) and other state agencies. The Division strives to educate the general public and governmental, and private agencies to the special skills and needs of Veterans, particularly those men and women who served in combat and who may have specific medical, employment, and other needs or skills uniquely resulting from wartime experience.

The Division also administers a Blind Annuity program that provides a monthly stipend to visually impaired Veterans and eligible surviving spouses, a Gold Star Parent Annuity that authorizes payment to eligible parents of service members killed in action, and the Veterans Education Bureau, which investigates and certifies postsecondary educational and vocational institutions as providing legitimate and quality education for Veterans seeking to utilize their federal education benefits to attend such facilities.

24 Hour Veterans Crisis Line 800-273-8255 Press 1



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



THANK YOU LAMM POST
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Thank You for Supporting our Troops,
our Veterans and

The George F. Lamm Post



Please support our sponsors

George F. Lamm Post
Members Meeting



The next meeting will be
Saturday February 11th
at 11:00 AM

Please Support
Your Post



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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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

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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.

ROTARY

CLUB OF
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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



January 2023

**We need
YOU!**



George F. Lamm Post 622

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Happy New Year</i>	2	3	4	5	6 <i>Party Lounge 6-11</i>	7 <i>Party Manor 3 to 8 Lounge 5-10</i>
8 <i>Lounge Party 7-11</i>	9	10	11	12	13	14 <i>Manor Meat Raffle 6-10</i> 
15 <i>Lounge Party 4-9</i>	16	17	18	19	20	21 <i>Manor Party 3-8</i>
22	23	24	25	26	27	28 <i>Party Manor 6-11 Lounge Party 12-4</i>
29	30	31				

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.**

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