



# GEORGE F. LAMM

POST 622

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

## Commanders Message



Commander Phil

Hi everyone,

I hope that you are all doing good after the winter season that we just had. I would like to wish everyone a "Happy Spring". Before you know it, it will be time to clean up the yards again and begin preparation for the summer season.

I would like to remind those members that are capable, the Post will be in need of a spruce up as well. If there is anyone who can spare some time and would be able to lend a hand, it would be greatly appreciated.

If you enjoy going to meat raffles, please review our calendar and our sign for upcoming future events, Everyone is invited to come and have some fun and we would enjoy seeing you there.

For God and Country,

Commander Phil



## HOW YOU CAN BE THE ONE

**What:** The American Legion's Be The One initiative encourages American Legion Family members, veterans, servicemembers and others to take action when they believe a veteran is at risk of suicide.

**Why:** To reduce the alarming number of veteran suicides.

**How:** Our goal is to destigmatize asking for mental health support, provide peer-to-peer support and resources, and educate everyone on how the can Be The One.

### Who:

#### VETERANS

- Talk with fellow veterans about how you are feeling.
- Ask for help when you think you need it.
- Know there are millions of people ready to help you.
- Remember your family and friends care.

#### NON-VETERANS

- Ask veterans in your life how they are doing.
- Listen when a veteran needs to talk.
- Reach out when a veteran is struggling.

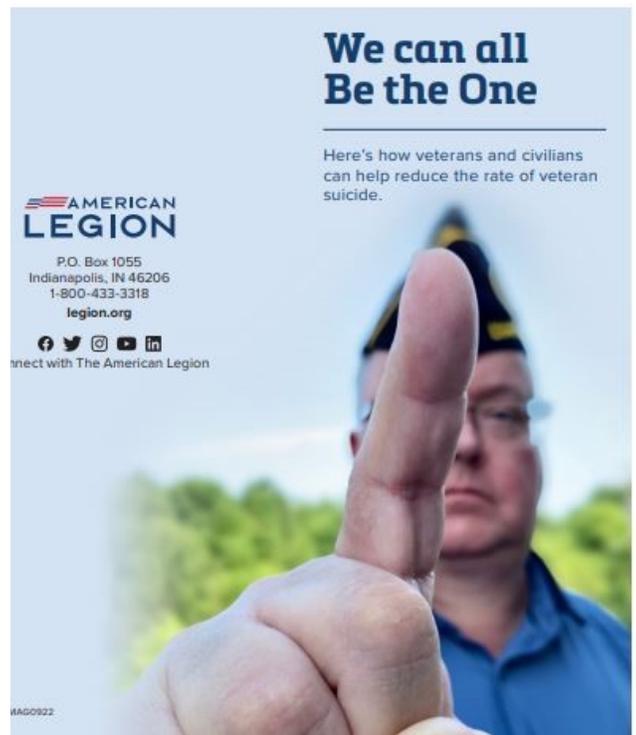
#### AMERICAN LEGION POSTS

- Educate members, other veterans and civilians on the campaign.
- Display resources at your post in your community.
- Share events or success stories at [legiontown.org](http://legiontown.org).

#### RESOURCES

American Legion support Stories, videos and promotional items related to this initiative are available to posts, members and others. Visit [betheone.org](http://betheone.org).

For Urgent help: Veterans experiencing a crisis can call **988** and press 1 for mental health assistance. **Counselors are available 24/7**. They may also text **838255** or visit the VA crisis line website , [veteranscrisisline.net](http://veteranscrisisline.net).





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**George F. Lamm Post  
Members Meeting**



**The next meeting will be  
Saturday April 8th  
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 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  
716-335-4881**



**Samuel Erb**  
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- C 716.796.1543
- F 716.810.9326
- E [gary@caboodleprinting.com](mailto:gary@caboodleprinting.com)

**"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**

# Legion Riders



## About the Riders

American Legion Riders chapters are well known for their charitable work, which has raised hundreds of thousands of dollars for local children's hospitals, schools, veterans homes, severely wounded servicemembers and scholarships. Since 2006, Riders nationwide have participated in The American Legion Legacy Run to annually raise money for the Legacy Scholarship Fund, established to provide scholarships to children of U.S. military personnel killed since Sept. 11, 2001.

### Eligibility requirements

- Members must hold membership in and be in good standing with The American Legion, American Legion Auxiliary or Sons of The American Legion.
- Members must be legally registered motorcycle owners or be the legally registered owner's spouse within the state of registration.
- All operators must be properly licensed and insured per state laws.
- All members must obey motor-vehicle laws in the state in which they are operating a motorcycle or riding as a passenger.

## Americanism - VC Paul Wackowski

### Freedom

We're all aware that Freedom isn't free. The price of freedom has no monetary value, but it has a different price. All one must do is visit a veteran cemetery or a veteran's hospital.

What is sometimes overlooked is the veteran that you see every day who has a medical condition in which they're living with every day. And what about the veteran that has a medical or mental condition that's not being addressed.

We need to get the word out to the community that freedom goes far beyond what social media projects or what they see, hear, or read about.

I'm encouraging all Legion posts and legionnaires to use the "Buddy Checks" and contact those members that you may have not heard from in a while to check on their welfare and wellbeing.



**Past Department Commander Charles Herschlag escorts Department American Legion Commander David Riley Sr. into the Erie County Visitation Dinner held Friday February 17 at Hamburg Post #527. Picture by Anne Baglio.**



**Erie County Executive Mark Poloncarz presented proclamations to our Department of New York American Legion Family, Legion Commander David Riley Sr., Auxiliary President Nancy Babis, and SAL Detachment Commander Timothy Van Patten II. Picture by Sue Quirk.**



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



**MEAT RAFFLE**  
**Saturday April 15th**  
**Doors Open 6 PM - First Spin 7 PM**

**Renew Your Membership Now!**  
**The George F. Lamm Post Needs Your Support**




**Not a Member? Join Today!**  
**Call : 716-906-9257**

A Special Thank You to one of our sponsors.



**Capital Heat Inc.**  
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Thank You for Supporting our Troops,  
 our Veterans and  
 The George F. Lamm Post 

**Please support our sponsors**

**Meat Raffle** 

**Doors open at 6 PM Open to the Public**  
**Friday April 28th**

 **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.




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## ARE YOU A VETERAN?

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ARE ENTITLED TO FOR YOUR FINAL  
ARRANGEMENTS?

OUR EXPERT FUNERAL DIRECTORS  
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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# S LAW FIRM STAMM

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  
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716-874-6360

**Family Medical Pharmacy** 120  
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## 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, groups homes, etc. This includes delivery services and medication review if required.

# 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



# April 2023

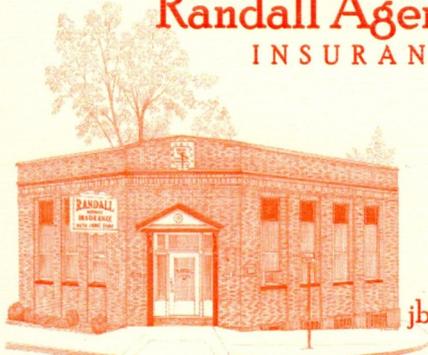


## George F. Lamm Post 622

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>Party-Lounge 5-9</i>
2	3	4	5	6	7	8 <i>Lamm Post Members Meeting 11AM</i>
9 <i>Easter Sunday</i> 	10	11 <i>Elevator Union</i>	12	13	14	15 <i>Manor Meat Raffle open 6 pm</i> 
16	17	18	19	20	21	22 <i>Party Jack n Jill</i>
23 <i>Vanesa Party 12-5</i>	24	25	26	27	28  <i>Manor Meat Raffle open 6 pm</i>	29
30					Saturday April 15th Open 6PM 1st Spin 7PM  Friday April 28th Open 6PM 1st Spin 7PM	

## Randall Agency Inc.

INSURANCE



Jennifer L. Bucki  
Licensed Agent

Ph: (716) 992-3488

Fax: (716) 992-9398

jibucki@randallagency.com

8584 S. Main Street • Eden, NY 14057

## 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.**