



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

Commanders Message



Commander Phil

Hi everyone,

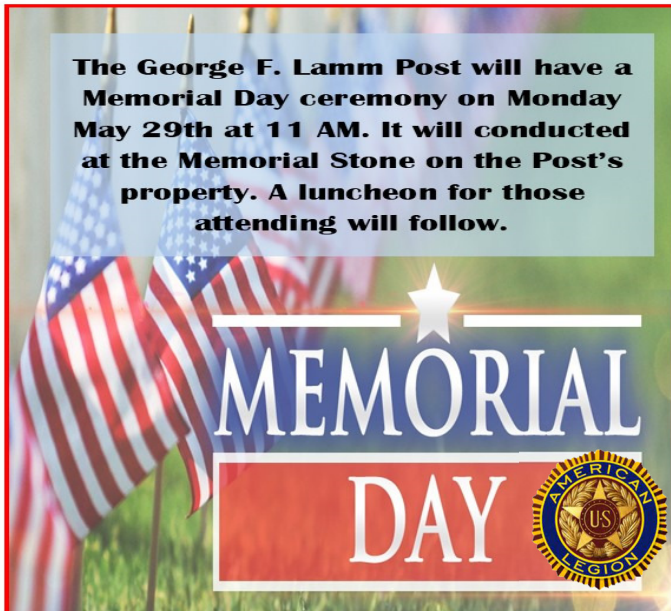
It is hard to believe that May is already here, I hope that you are doing well. We have three Meat Raffles this month. Please check our calendar for specifics if you would like to attend.

If you are physically able to help set up or take down the tables and chairs, it would be greatly appreciated. (we can sure use the help)

We will be having a Memorial Day service. It will be held on Monday, May 29th at 11:00 AM by our Memorial stone. We will be having a luncheon after the service. Hope to see you there.

For God and Country

Commander Phil



The George F. Lamm Post will have a Memorial Day ceremony on Monday May 29th at 11 AM. It will be conducted at the Memorial Stone on the Post's property. A luncheon for those attending will follow.

MEAT RAFFLES HOSTED AT GFLP IN MAY

ALL ARE OPEN TO THE PUBLIC

Meat Raffle
Saturday May 13th
Doors Open 6 PM



Meat Raffle Open to the Public
Saturday May 20th
Doors Open 6 PM - First Spin 7 PM

20 Vendor Pop Up Event

Mother's / Father's Day Shopping Bazaar

Shopping 1PM - 6PM - Sunday May 7th

MEAT RAFFLE
Saturday May 27th
To Be Announced - Check the website





THE
Original
PANCAKE HOUSE
www.ophwny.com

5479 Main Street Williamsville, NY 14221 716-634-5515	2075 Niagara Falls Blvd Amherst, NY 14228 716-691-8219	3019 Union Road Orchard Park, NY 14227 716-674-3344
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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
Constructors Local 14
Buy American, Use Union Labor
3527 Harlem Rd. Buffalo, NY

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

George F. Lamm Post
Members Meeting



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

Contact the Post at
gflamm962@gmail.com

**Call Bob For
Your Next Event Or
Fundraiser
716-335-4881**

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PRINTING**
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GARY WODARCZAK
MANAGING PARTNER

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**We Thank You
for Your Support**



WHAT DOES THE EMBLEM OF THE AMERICAN LEGION STAND FOR?

THAT DEPENDS ON WHETHER YOU'RE TALKING ABOUT THE EMBLEM AS A WHOLE, OR ITS CONSTITUENT PARTS. THE NATIONAL WEBSITE, WWW.LEGION.ORG, HAS A PAGE DEVOTED TO THE SUBJECT AND QUOTES OF THE COMPLETE EMBLEM: "IT STANDS FOR GOD AND COUNTRY, AND THE HIGHEST RIGHTS OF MAN. OF ITS SEVERAL PARTS, EACH HAS A MEANING."



"THE RAYS OF THE SUN FORM THE BACKGROUND OF OUR PROUD EMBLEM AND SUGGESTS THE LEGION'S PRINCIPLES WILL DISPEL THE DARKNESS OF VIOLENCE AND EVIL.



THE WREATH FORMS THE CENTER, IN LOVING MEMORY OF THOSE BRAVE COMRADES WHO GAVE THEIR LIVES IN THE SERVICE OF THE UNITED STATES THAT LIBERTY MIGHT ENDURE.



THE STAR, VICTORY SYMBOL OF WORLD WAR I, ALSO SYMBOLIZES HONOR, GLORY AND CONSTANCY. THE LETTERS "U.S." LEAVE NO DOUBT AS TO THE BRIGHTEST STAR IN THE LEGION'S STAR.



THE LARGER OF TWO OUTER RINGS STANDS FOR THE REHABILITATION OF OUR SICK AND DISABLED COMRADES. THE SMALLER INSIDE RING DENOTES THE WELFARE OF AMERICA'S CHILDREN.



THE SMALLER OF TWO INNER RINGS SET UPON THE STAR REPRESENTS SERVICE TO OUR COMMUNITIES, STATES AND THE NATION. THE LARGER OUTER RING PLEDGES LOYALTY TO AMERICANISM.



THE WORDS AMERICAN LEGION TIE THE WHOLE TOGETHER FOR TRUTH, REMEMBRANCE, CONSTANCY, HONOR, SERVICE, VETERANS AFFAIRS AND REHABILITATION, CHILDREN AND YOUTH, LOYALTY, AND AMERICANISM."

THE EMBLEM PAGE, WWW.LEGION.ORG/EMBLEM, FEATURES FREE DOWNLOADABLE VERSIONS OF ALL THE EMBLEMS IN THE AMERICAN LEGION FAMILY, AS WELL AS FREQUENTLY ASKED QUESTIONS AND HOW TO ASK FOR PERMISSION TO USE THE EMBLEM — YOU DO NEED PERMISSION IN CERTAIN INSTANCES.



Milton J Brounshidle Post 205 celebrated WWII Marine Legionnaire Natalie Yaskow's 100th Birthday with Sgt. Angela Gutierrez.



WWII Veteran Louis B. Goszewski received his National American Legion Certificate of Continuous Membership for 75 Years from Adam Plewacki Post #799 Commander/ Department Vice Commander James Bojanowski. Louis is turning 100 this August.



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.



**406 Connecticut St. Buffalo, NY 14213
(716) 884-7431 Fax: 881-9578
ashlandpest@hotmail.com**

Serving Western New York for over 40 years





ARE YOU A VETERAN?

DO YOU KNOW WHAT BENEFITS YOU
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.



716-836-6500
www.Amigone.com

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.

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



May 2023

We need YOU!

George F. Lamm Post 622

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 <i>Manor Wedding Recep 5-10</i> <i>Lounge B Shower</i>
7 <i>20 Vendor Bazaar 1-6PM</i>	8	9 <i>Elevator Union Grove 4-8</i>	10	11	12	13 <i>Meat Raffle Open 6 PM 1st spin 7 PM</i>
14 <i>B-Party 3-7</i> 	15 <i>Republican Meeting</i>	16	17 <i>Meeting 7-9</i>	18	19 <i>Grove Group Function</i>	20 <i>Meat Raffle Open 6 PM 1st spin 7 PM</i>
21	22	23	24	25	26	27 <i>Meat Raffle</i>
28	29 	30	31	<i>GFLP HOSTING 3 MEAT RAFFLES IN MAY CHECK THEM OUT....</i>		

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.**