



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

Commanders Message



Commander Phil

July was another busy month and August is going to be very active also.

There are numerous functions going on at the Lamm Post, including our own Family and Friends picnic. On Saturday August 12th we will hold our monthly Executive Meeting, followed by our Members Meeting. Hope to see a large group there for the meeting and socializing.

When you are at the Lamm Post, please notice the hard work that a small group of boy scouts performed around our cannon in front of the post. Again, thanks to them for improving the landscaping around the cannon. For God and Country, Commander Phil



On May 20th and June 24th 2023 Eagle Scout candidate, Henry Schihl and members of Boy Scout Troop 457 (Matthew Winsor, Corbin Bryant, Danny Costello, Michael Doraboiala, Jack Schihl and Adam Mbeke) completed landscaping improvements around the artillery piece at American Legion Post 622. Pictured with Commander Philip English

National Convention – August 26 – 31, 2023
Charlotte, North Carolina

**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.**

**"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		
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 2023

Rick Herrmann	716-243-5348
David Shia	716-907-2329
Duane Swirgos	716-830-0435

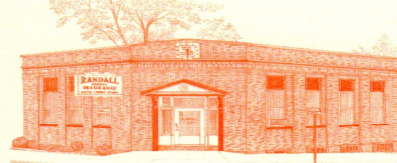
AUXILARY OFFICERS 2023

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**

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

**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



The George F. Lamm Post Thanks

Anthony Amigone Senior



For His Continuous Contributions to our Post

**caboodle
PRINTING**

www.caboodleprinting.com

GARY WODARCZAK
MANAGING PARTNER

1975 WEHRLE DRIVE
WILLIAMSVILLE, NY 14221

T 716.693.6000

C 716.796.1543

F 716.810.9326

E gary@caboodleprinting.com

**A Special Thank You
to one of our sponsors.**



2975 Walden Ave, Depew, NY
716-683-7336

**Thank You for Supporting our Troops,
our Veterans and**

The George F. Lamm Post



Please support our sponsors

Tim Collmer Elected Commander of NYS American Legion



Newly elected Department Commander Timothy Collmer addresses the 105th Convention, with outgoing Commander David Riley Sr. at right.

TARRYTOWN, N.Y., July 22, 2023 – U.S. Army veteran Timothy J. Collmer of Nunda, N.Y., is the new state commander of the American Legion. His election as Department of New York commander capped the 105th Annual Department Convention, held here July 20-22. During his one-year term, Collmer visits counties across the state to share the American Legion message of veteran advocacy and community involvement.

Tim Collmer is sworn in as commander.

He spent 21 years in the army and Army Reserves, serving in Korea and Texas as a morse code interceptor while on active duty, and then as a drill instructor and later as a commissioned officer in the reserves. A retired corrections officer, Collmer also worked as a service officer with Livingston County Veterans' Services. A member of Daniel Goho Post 87 in Dansville, Collmer has served in leadership positions on the Post, county, and state levels. He has been post commander, county commander and district commander. Most recently he has been dean of the American Legion College of New York. On the national level, he has served on the American Legion Internal Affairs Commission and as a facilitator at National American Legion College.

Active in the community, Collmer is a member of the Nunda Fire Department and the Dansville Moose, plus other veterans' organizations, including Veterans of Foreign Wars Post 6780 in Dansville and the AMVETS Post in Hornell.

3 New Legion Grants Aimed at Stemming Vet Suicide, Homelessness

TARRYTOWN, N.Y., July 22, 2023 – The American Legion in New York State continued its effort to stem veteran suicide and homelessness by awarding \$210,000 in grants to organizations helping veterans suffering from post-traumatic stress disorder (PTSD) or who are at risk of homelessness.

The grants were announced during the 105th Annual Convention of the American Legion Department of New York, held here July 20-22, 2023. Outgoing Department Commander David R. Riley Sr. described the grants as follows:

— **\$100,000 to Therapeutic Horses of Saratoga** for equine therapy for veterans suffering from PTSD.

— **\$75,000 to Trybe Ecotherapy of Rochester** for nature-based clinical therapy sessions for veterans.

— **\$35,000 to Hicks Strong of Clifton Park** for its National Military Mental Health and "Hug Mug" programs.

A year ago the American Legion Department of New York unveiled a \$1.5 million fund for grants to organizations helping veterans. Previously announced grants included:

— **\$100,000** to the EquiCenter in Honeoye Falls, N.Y., to provide equine-assisted therapies for veterans.

— **\$15,000** to the Western New York Veterans Housing Coalition in Buffalo to help outfit apartments for veterans.

— **\$100,000** to fund a pilot project to expand and measure the RTM Protocol™ treatment for veterans suffering from PTSD, developed by the Research and Recognition Project in Corning.

— **\$34,450** to outfit a home for homeless women veterans with children, operated by Veterans & Community Housing Coalition in Saratoga County.

— **\$24,000** to the Albany Housing Coalition to furnish six newly rehabilitated apartments for homeless veterans.

— **\$36,000** to Hoboken Legion Post 107 in New Jersey to furnish eighteen new apartments being planned for homeless veterans. They accept any homeless vet whether from NY or NJ.



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



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



The annual Erie County Fair Veterans Day will be Sunday, August 13, 2023.

Admission to the Fair is free that day for Veterans, Active Military, and Auxiliary members (with proper ID), plus you will receive a \$10 voucher valid for food, drink, or rides at the Fair that same day. Free tickets will be available online or at the gate. There is no charge for parking and children 12 and under are free. The Fair gates will open at 11 AM. We have reserved shelters with picnic tables in Hickory Tree Park for your use, this is a shaded area located just off of the Avenue of Flags at the Erie County Fair.

The schedule for Veterans Day at the Erie County Fair is:

- The Veterans Day Catholic Mass will be held starting at 12 Noon in the Family Entertainment Complex (near Gate 5, use Clark Street entrance). The celebrant will be Rev. Michael J Johnson from 'Nativity of Our Lord' in Orchard Park, NY.
- The annual Veterans Memorial Service in the infield of the racetrack at Veteran's Park (west end of the race-track) starting at 1:30 PM. The guest speaker will be Billy Puckett, the Field Manager for the Tunnel to Towers Foundation 9/11 NEVER FORGET Mobile Exhibit.



Daily Flag Retreat Ceremony at 6:30pm in Slade Park

The Erie County Fair is proud to share that the Tunnel to Towers Foundation 9/11 NEVERFORGET Mobile Exhibit will be at the fair from August 9-14. This is a traveling museum and a tribute to all who lost their lives on September 11, 2001, including the 343 members of the Fire Department of New York City (FDNY) who made the ultimate sacrifice and all who continue to lose their lives to the 9/11-related illnesses.

The Erie County Fair is also accepting nominations for the **daily** Flag Retreat Ceremony that honors Veterans and Active Military each evening at the fair. We look forward to seeing you at the Erie County Fair.

Thank you for your service.

PATRIOT
SNOWPLOW AND LAWN CARE
Samuel Erb
Owner
11520 Main St Suite #2C
Clarence, NY 14031

Residential & Commercial

- Snowplowing
- Lawn care
- Lawn Maintenance
- Turf repair
- Landscape / Hardscape
- and so much more!

Office: (716) 725-1783
Mobile: (716) 510-9563

Patriotssnowandlawn@gmail.com

Reservists and National Guard

Join Our Post Now

716-906-9257

Amherst Republican Committee Smoker!

Tuesday August 15th - 5 PM to 8 PM

Fundraiser Event - Food, Cigars, Music and more

Contact Linda : lindagianurco@outlook.com

THE AMERICAN LEGION
VETERANS
STRENGTHENING AMERICA

LEARN HOW YOU CAN HELP

legion.org

Bank on Buffalo
A DIVISION OF CNB BANK

We Thank You
for Your Support



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



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



August 2023

We need
YOU!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 <i>Party Grove</i>
6 <i>Lamm Post Family & Friends Picnic 2 to 6</i>	7	8 <i>Elevator Union</i>	9	10	11 <i>Party Grove</i>	12 <i>Post Members Meeting 11am</i> <i>Stag 6-11</i>
13 <i>Event 12-4</i> <i>Veteran's Day at Erie County Fair</i>	14	15	16	17	18 <i>Manor</i>	19 <i>Party Manor 6-11</i>
20	21 <i>Republican Meeting</i>	22	23	24	25 <i>Grove Party</i>	26 <i>Iron Head Grove</i>
27 <i>Bob Bruno Picnic Grove</i>	28 <i>Golf League Picnic</i>	29	30	31		



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

George F. Lamm Post 622

FAMILY AND FRIENDS PICNIC

SUNDAY AUGUST 6TH 2023

In The Grove Main Meats will be Provided
2 PM till 6 PM

Bring a Dish to Share

DRAFT BEER AND POP PROVIDED

RSVP

RSVP TO THERESA OR PHIL
716-994-3855 OR 716-398-8008
OR EMAIL YOUR RSVP TO:
GEORGEFLAMMPOST622@GMAIL.COM

RSVP BY THE 30TH OF JULY