



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

## Commanders Message



Commander Phil

The Lamm Post's Friends and Family Picnic had a Great turnout. Many of our members and friends attended the picnic on Sunday August 6th. Along with the outing, several Birthdays were also celebrated. Past Commander Chuck Herschlag celebrated his 95th at the event. Every family that attended brought a dish to share.

Part of the Picnic success goes out to those who spent their time planning, arranging, decorating, preparing the cooked foods and serving all of the friends and family members that came to the picnic. The list of people that helped out at the event were: Theresa English, Sharon Hubert, Debbie Diebold, Judy Laurenzi, Lynn Nowak. Joe and Gerrie

Krattinger handled the raffle basket ticket sales as well as the 50/50 tickets. Robert Bruno and I were the bartenders and Paul Laurenzi helped wherever he could.

Our next Post Members meeting will be on Saturday September 9th at 11 AM.

. For God and Country, Commander Phil



**George F. Lamm Post**  
**Members Meeting**  
**The next meeting will be**  
**Saturday September 9th**  
**at 11:00 AM**  
**Please Support**  
**Your Post**





**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](mailto:gflamm962@gmail.com)**

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



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**Meat Raffle  
Friday September 22nd  
Doors Open 6 PM**



**The George F. Lamm Post Thanks**

**Anthony Amigone Senior**



**For His Continuous Contributions to our Post**



# Why Join the Legion?



If you are currently on active duty, serving the United States honorably, anywhere in the world, or have served honorably during any of the eligible war eras, we invite you to become a member of The American Legion.

## Among the Benefits:

### •Exclusive Member Discounts

•Your membership gives you and your family practical, money-saving discounts that can easily save you many times the cost of your annual membership dues. There are discounts for car rental, home services, electronics and technology, financial and insurance services, travel and lodging, and more.

### •12 Issues of The Legion Magazine

•The monthly magazine boasts features on military, veterans and political topics written by talented writers, professional journalists and world leaders.

### •A Powerful Voice in Nation's Capital

•The American Legion is the nation's most influential, effective and dependable advocate of veteran affairs fighting for better active-duty pay, improved housing for active-duty families, guaranteed GI Bill education benefits, and helping to ensure that the VA's medical system can properly care for veterans.

### •VA Benefit Assistance

•Your membership helps support Department Service Officers who assist veterans in preparing claims and obtaining their full military healthcare benefits through the VA.

### •Access to Scholarships and Programs

•Posts, County Legions and the Department offer a variety of scholarships for Legion Family members entering college.

### •Outreach in Local Communities

•Whether holding holiday parties for kids, coordinating regular blood drives, providing a venue for charitable events, mentoring Boy Scouts and junior shooters, or sponsoring elite Legion baseball teams (just to name a few), local posts have a strong heritage of community service.

### •Natural Camaraderie

•Where else can you spend time with others who understand where you've been, and where you are, as a veteran?



## 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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**George F. Lamm**





**George F.  
Lamm Post  
Friends and  
Family Picnic  
August 6th**







## 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](http://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.



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# September 2023

**We need YOU!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 BD Party	2
3	4— <b>HOLIDAY</b> <b>LABOR Day</b>	5	6	7	8	9 <b>Post Members Meeting 11AM</b> <b>Lounge—</b> <b>Republican 10-12</b>
10	11	12 <i>Elevator Union</i>  <i>Republican—Manor</i>	13	14	15	16 <i>BNHF Manor 12-4</i>
17 <i>Baby Shower 3-7</i>	18 <i>Booking -Manor 6-9</i>	19	20	21	22 <i>Meat Raffle Manor 6-10</i> 	23 <i>Manor— BD Party 1-6</i>
24	25	26	27	28	29	30 <i>Manor BD Party 6-11</i>

**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



**September 11<sup>th</sup> 2023**

# Flags on the Bridge

Gather with the WNY Community,  
as we fly the American flag in  
Remembrance  
of the Fallen Heroes and Victims of  
September 11, 2001..

**September 11<sup>th</sup>  
8:30 –10:15AM**

**Location:** The Scajaquada pedestrian  
bridge, which crosses over to Hoyt Lake at  
Delaware  
Park (Rte 198 overpass) in Buffalo

Join Firefighters, Police and EMS,  
Military personnel, and veterans  
who will come together to observe  
**The Anniversary of 9.11**

Find us on Facebook Group 9/11 Remembrance

## Randall Agency Inc. INSURANCE



Jennifer L. Bucki  
Licensed Agent

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The George F. Lamm Post

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