



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



**THE ERIE COUNTY  
AMERICAN LEGION FAMILY  
CHARITY RAFFLE TO BENEFIT**

**\$5.00 PER TICKET  
OR 5 TICKETS FOR  
\$20.00**

RAFFLE WILL BE HELD AT THE AMERICAN LEGION OKTOBERFEST  
FUND RAISER ON OCTOBER 22, 2023

**TOP PRIZE : BUFFALO BILLS GREG ROUSSEAU  
#50 SIGNED CUSTOM JERSEY.**

**2ND PRIZE: BUFFALO BILLS THURMAN THOMAS  
#34 SIGNED WILSON FOOTBALL**


**3RD PRIZE: BUFFALO BILLS MATT MILANO #58  
16 X 20 CANVAS PRINT**

**4TH PRIZE: \$50 GIFT CARD TO CHEF'S RESTAURANT**

**BUFFALO BILL'S ITEMS WERE DONATED BY**




**ZUBA ZONE 716**  
ZUBA ZONE 716 SPORTS MEMORABILIA & TRADING CARDS  
5872 TRANSIT RD, DEPEW, NY




**Erie County American Legion Family**

**Oktoberfest**

**When:** October 22nd 12pm-5  
**Where:** George F. Lamm Post 622 Grove  
 962 Wherle Dr. Buffalo, Ny 14221  
**Cost:** \$10 Donation with a  
 chance to win a flat screen TV

**To benefit:** 

Cash bar, Brats and hotdogs  
will be available for purchase

**AMERICAN  
LEGION**

**Advance Ticket Sales Available at Zuba Zone 716  
5872 Transit Rd, Depew NY**

## Commanders Message



Commander Phil

Our next Lamm Post members meeting will be held on Saturday October 14th. Please come early as we are having the [Flag Disposal Ceremony](#) at 10:30 Am, followed by our 11 AM members meeting.

The Lamm Post is also playing host to the Erie County American Legion's charity fundraising Oktoberfest event. It is being held in the post's Grove on Sunday October 22nd from 12 noon to 5 PM. Yes, the Game will be on in the grove. Come and watch it with your fellow Legion members and friends. At the event food and beverages will be available for purchase. Along with that, there will be a Raffle for a few Buffalo Bills collectables, a Basket raffle, a Bake Sale and other entertainment. Your \$10 ticket price donation will benefit the Childrens charity Varsity. Your entrance donation will include you being entered into the drawing for a Flat screen TV. **Advance sale tickets are available at Zuba Zone 716, 5872 Transit Rd, Depew NY.**

I hope to see a Great Turnout for our members meeting along with great support and attendance at the Oktoberfest fund raiser.

For God and County, Commander Phil



**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  
Fundraiser  
716-335-4881***



**Do you know of a George F. Lamm Post  
member who is ill or in the hospital?  
Please let Don Helminiak know at  
716-668-2905. Don will send out a card  
from the Post to this member.**

**In an effort to keep all post members  
informed, if you know of a post member who  
recently passed, please also let Don know.  
The post would like to send out a sympathy  
card to the family.**

**You can also email the information to:  
[georgeflamppost622@gmail.com](mailto:georgeflamppost622@gmail.com)**



**THE  
Original  
PANCAKE HOUSE**  
[www.ophwny.com](http://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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**ZUBA ZONE 716**

**RAFFLE**

**Special Offer**

**SIGNATURE DEBUT—ROOKIE YEAR**

**LIMITED TIME**

**\$ 99.00**

**ROUSSEAU**

**50**

**BLUE, RED OR WHITE**

**SIGNED CUSTOM JERSEY**

**Greg Rousseau**  
Buffalo Bills  
#50 DE

**JSA**  
James Spence  
Authentication  
Genuine for the collector

**George F. Lamm Post**

**Members Meeting**

The next meeting will be  
**Saturday October 14th**  
**Flag Disposal Ceremony at 10:30 AM**  
**Meeting 11 AM**

**Please Support Your Post**

**The George F. Lamm Post Thanks**

**Anthony Amigone Senior**

**For His Continuous Contributions to our Post**

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

**Capital Heat Inc.**

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**

**GFLP Thanks**

**For Their Donation**

**and Support of Those**

**ZUBA ZONE 716 Who Served.**

**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

**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

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



## RECOGNIZE THE SIGNS OF SUICIDE RISK

- Thinking about hurting or killing yourself
- Looking for ways to kill yourself
- Talking about death, dying or suicide
- Self-destructive behavior such as drug abuse, weapons, etc.
- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug abuse
- Withdrawing from family and friends

The presence of these signs requires immediate attention.

Call us if you experience any of these warning signs.

U.S. Department of Veterans Affairs

© 2/17 VHA



**Veterans  
Crisis Line**  
1-800-273-8255 **PRESS 1**

Confidential crisis chat at **VeteransCrisisLine.net**  
or text to **838255**



Meat Raffles scheduled to be held at the Lamm Post for October 13th, 14th and the 27th. All are OPEN to the Public.

**Meat Raffle**  
**Friday October 13th**  
**Doors Open 6 PM**



**Meat Raffle**  
**Saturday October 14th**  
**Doors Open 4 PM**



**MEAT RAFFLE**  
**Friday October 27th**  
**Doors Open 5:30 PM** Open to the Public



**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

Patriotsnowandlawn@gmail.com

**Halloween Outing at Lamm Post 4 to 7pm**

**Sunday October 29th. Trick or Treat....**







## 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.

**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



**October 2023**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Manor- Dinner 5-10 Lounge—BD party 11-4
8	9 Columbus Day	10 Manor- Rep. Meeting Grove- Elevator Union	11	12	13 Meat Raffle Open 6 PM 1st spin 7 PM	14 Post Members Meeting Meat Raffle 4pm Spin at 4:45 pm
15	16	17	18	19	20 Lounge- Dinner 5-10	21
22 Legion variety Octoberfest Party 12 noon to 5 PM—Grove	23	24	25	26	27 Meat Raffle Open 5:30 pm 1st Spin 6:30 pm	28 Car storage
29 Car Storage	30	31 Post Party Open to all 			Meat Raffles scheduled to be held at the Lamm Post for October 13th, 14th and the 27th. All are OPEN to the Public.	



**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

