



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

## Commanders Message



Commander Phil

Our Next Board Meeting and Members meeting for November will be on Saturday November 18th. This is due to the Veterans Day service at the Lamm Post on November 11th. The December meeting will be as normal on Saturday December 9th. After that, we will have a meeting in February and again in April.

Our George F. Lamm Post Christmas Party and Dinner will be on Saturday December 16th from 2 to 4 PM. Seating is limited, so make sure to get your tickets early.

For Veterans Day, November 11th, we will hold a Veterans Day Service at the Lamm Post. It will be from 11 am to 1 pm. A luncheon will be served.



**George F. Lamm Post**  
**Members Meeting**  
**The next meeting will be**  
**Saturday November 18th**  
**(Due to Veterans Day)**  
**Meeting 11 AM**  
**Please Support**  
**Your Post**





## GEORGE F. LAMM POST CHRISTMAS PARTY & DINNER

**WHEN: DECEMBER 16TH, 2023**  
**WHERE: THE GEORGE F. LAMM POST**  
**962 WEHRLE DRIVE**  
**TIME: 2 PM TO 6 PM**

**\$ 15.00 DONATION**  
**INCLUDES DINNER**  
**DRAFT BEER**  
**WINE OR POP**

**WILL ALSO HAVE A**  
**50/50 DRAWING**  
**BASKET RAFFLE**  
**DOOR PRIZES**

**CATERED DINNER BUFFET OF:**  
**BREADED PORK CHOPS**  
**ROAST BEEF**  
**TURKEY WITH STUFFING**  
**ROASTED RED POTATOES**  
**VEGETABLE**  
**SALAD, ROLLS, BUTTER**  
**AND DESSERTS**

**FOR TICKETS CONTACT**  
**PHIL ENGLISH 716-398-8008**  
**THERESA ENGLISH 716-994-3855**  
**BOB BRUNO 716-574-5574**  
**LIMITED SEATING**  
**GET YOUR TICKETS TODAY!**






**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

**AUXILIARY 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<sup>®</sup>**

**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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NOV. 11  
**VETERANS DAY**  
HONORING ALL WHO SERVED

THE GEORGE F. LAMM POST WILL HAVE A VETERANS DAY SERVICE IN THE POST'S MANOR FROM 11 AM TO 1 PM ON SATURDAY NOVEMBER 11TH, 2023. FOLLOWING THE SERVICE, A LUNCHEON WILL BE SERVED FOR THOSE IN ATTENDANCE.



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

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



**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

jlbucki@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**





"I would like to take this opportunity to Thank all those Legion Family members (specifically those members of the George F Lamm Post & Zuba Zone716 & Erie County American Legion Auxiliary), who ensured that the Erie County American Legion Family Oktoberfest, successfully raised **\$5,252.80** that will be donated to the Variety Club of Buffalo."

**Ted Balbierz,**  
Commander, Erie County American  
Legion



**Oktoberfest Charity Event**  
**Sunday October 22nd**  
**12 Noon to 5 PM Tickets \$10 per**  
**Food and Beverages Available**







## 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.

**Amigone**  
FUNERAL HOME & CREMATION SERVICE

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



**November 2023**

**We need YOU!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 <i>Republican</i> 10-12 <i>Party Manor</i> 5-10
5 <i>Party Lounge</i> 3-8	6	7 <i>Republican</i> Lounge 9-11	8	9	10 <i>Event Manor</i> 6-10	11 <b>Veterans Day</b> <i>Veteran Service</i> <i>Meeting 11AM-1 PM</i>  <i>Lounge Party</i>
12 <i>Party Lounge</i> 3-8	13	14 <i>Elevator Union</i> <i>Manor</i>	15 40 & 8 <i>Manor 6-8</i>	16	17 <i>Heidi</i>	18 <i>Members Meeting</i> 11 AM <i>Meat Raffle Doors</i> <i>open 6pm 1st spin</i>
19	20	21	22	23 	24	25
26 <i>Party Manor 2-6</i>	27	28	29	30		



**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

