



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

## Commanders Message



Commander Phil

I hope that everyone is doing well, it is hard to believe that it is December already.

I would like to thank those members, their families and friends who came out to support us this past year, Thanks to you, our Post Family and friends Picnic was a huge success.

We will be having our Post Christmas Party on Saturday December 16th. This will be a catered event and music will be provided by a DJ and the cost is \$15.00. If you are interested in attending please contact myself, Theresa or Bob for tickets. Tickets are limited, we would love to see you there. **Ticket deadline is Saturday December 9th.**

Just a reminder that our next Exec. Committee and membership meetings will be on December 9th. The Exec. Committee will be at 10 AM and membership at 11PM. During the winter months the meetings will change to every other month February and April of 2024. Please take care and stay safe.

For God and Country

Commander Phil





### 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

"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**



**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

Patriotnowandlawn@gmail.com

Contact the Post at  
[gflamm962@gmail.com](mailto:gflamm962@gmail.com)

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

**Lamm Post  
Clubhouse..... 716-204-2516**

**George F. Lamm Post  
Members Meeting**



**The next meeting will be  
Saturday December 9th  
Meeting 11 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.**



**THE  
Original**

**PANCAKE HOUSE**

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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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## 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.



"Protectors of Health, Property and Environment"

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

Serving Western New York for over 40 years



# 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.



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



## 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

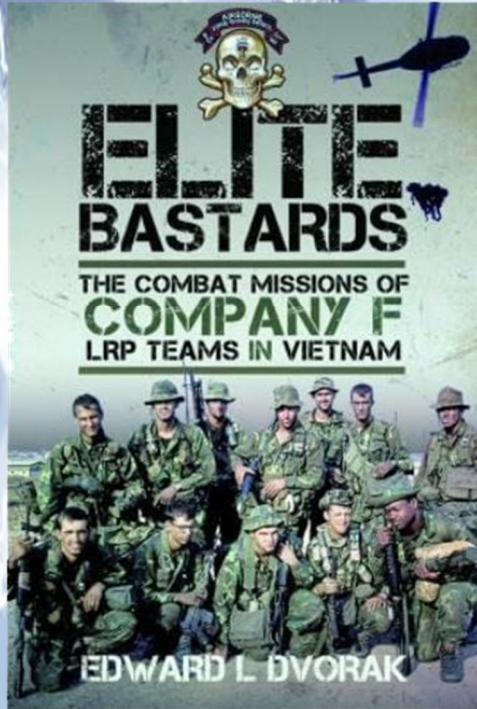
**Follow the Lamm Post 622 on Facebook...**  
**George F. Lamm**



# Looking for Gift Ideas for a War History Fan. Here are a few to consider.

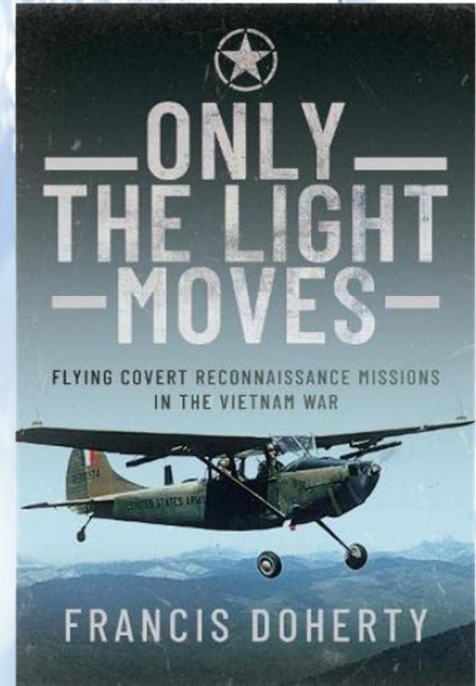
## Elite Bastards by Edward L. Dvorak

Posted on November 22, 2023



## Only the Light Moves by Francis Doherty

Posted on November 14, 2023



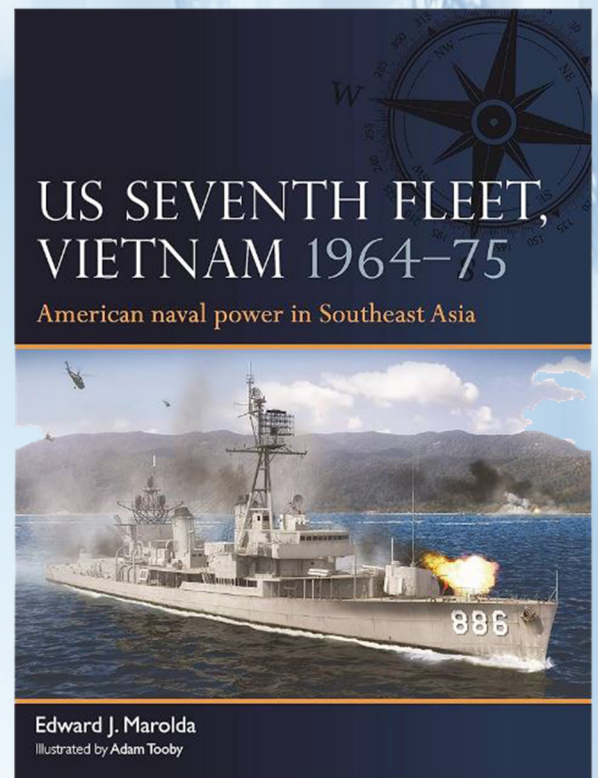
## Follow His Lead by Richard LaMotte

Posted on November 21, 2023



## U.S. Seventh Fleet, Vietnam 1964-75 by Edward J. Marolda

Posted on November 27, 2023







## 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.





## 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!**



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:  
georgeflammpost622@gmail.com



# December 2023

**We need  
YOU!**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 <i>X-mas party Lounge 10-3</i>	4	5	6	7	8 <i>Christmas Party Elev U 5-10</i>	9 <i>Post Members Meeting 11 Am Party manor 1-8 Party Lounge 2-6</i>
10 <i>X-mas party Manor 11-5</i>	11 <i>Republican</i>	12 <i>Elevator Union</i>	13	14	15	16 <i>Post Christmas Party &amp; Dinner 2-6</i>
17	18	19	20	21	22 <i>Lounge Christmas Party Manor Party</i>	23 <i>X-mas party Lounge 2-8</i>
24	25 <i>Merry Christmas</i>	26	27	28	29	30
31 <i>New Years Eve Party 6-12</i>						

**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



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

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