



**LAMM LIGHTS Newsletter for January 2024**  
**Website: <http://americanlegionpost622.com> 716-204-2516**

## Commanders Message



Commander Phil

I hope that everyone had a wonderful Christmas and Holiday Season with their families, I wish for you, the very best for the New Year, Thanks to everyone who attended our Post Christmas Party, It was well attended and I hope that you enjoyed the beautiful decorations, the entertainment, the wonderful meal and the time together with family and friends.

Our Boys State candidate Kai Faller from Amherst High School, did a great job describing his experiences at this year's program. I would like to remind our membership that our next Executive Committee meeting will be Saturday, February 10th 2024 at 10:00 AM. The Membership meeting will be at 11:00 AM, I hope to see you there.

For God and Country

Commander Phil

# Happy New Year





**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

Patriotsnowandlawn@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 February 10th  
Meeting 11 AM**

**Please Support  
Your Post**



**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
---	--	---

**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.**





## 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




THE AMERICAN LEGION  
**VETERANS**  
STRENGTHENING AMERICA

LEARN HOW YOU CAN HELP  
legion.org

## 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**









## 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



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

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



# January 2024

**We need  
YOU!**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <i>New Years Day</i> <b>Happy New Year!</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> <i>Party</i>
<b>7</b>	<b>8</b> <i>Republican Meet</i>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b> <i>B-Shower 11-3</i> <i>Wed Recep 3:30</i>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> <i>Manor 4-8</i>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> <i>Party</i>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			



**ZUBA ZONE 716**  
SPORTS MEMORABILIA  
& TRADING CARDS

5872 Transit Rd  
Depew NY 14043  
716-393-3133



**Buffalo Sports Teams**

- Jerseys
- Clothing Items
- Autographed items
- Collectable Helmets
- Pictures, canvas prints & many more items.....
- We Buy, Sell, Trade and handle Consignments

**FOLLOW US ON FACEBOOK**

Zuba Zone 716 Sports Memorabilia & Trading Cards  
3.9K likes • 3.3K followers



**Bank on Buffalo**  
A DIVISION OF CNB BANK



**We Thank You  
for Your Support**

