



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

Commanders Message



Commander Phil

Hi Everyone,

I hope that everyone is doing good health wise and are able to deal with the winter weather. Please remember that if you are having a tough time with the shoveling or plowing, go inside and take a break from it. If it is a real struggle for you, please ask someone for help if at all possible.

There is a chance that with enough interest, we may be able to restart our Sons of The Legion. For anyone reading this If you are not a veteran but your Dad or Grandfather were, you may be eligible to join the Sons. The Sons organization would require for them to have a Commander, Vice officers, a Finance Officer and a Chaplain to get started. If you are interested in any of these positions or have questions regarding the Sons, please give me a call at my number listed in the newsletter.

I would like to remind you that our next meetings will be on Saturday, February 10th.

The Executive Committee will meet at 10:00 AM and Membership at 11:00 AM.

For God and Country,

Commander Phil

Meat Raffles

Open to the Public



Meat Raffle
Saturday February 10th
Doors Open 5 PM - First Spin 6 PM

Meat Raffle
Doors open at 12 Noon 1st Spin 1:00 PM
Sunday February 25th



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
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Office: (716) 725-1783
Mobile: (716) 510-9563

Patriotnowandlawn@gmail.com

Contact the Post at
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**

**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**

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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



Renew Your Membership Now!

**The George F. Lamm Post Needs
Your Support**



Not a Member? Join Today!

Call : 716-906-9257

**Reservists and
National Guard
Join Our Post Now
716-906-9257**

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

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**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**



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



SONS OF THE AMERICAN LEGION



About the Sons

Founded in 1932, the Sons of The American Legion exists to honor the service and sacrifice of Legionnaires.

SAL members include males of all ages whose parents or grandparents served in the U.S. military and were eligible for American Legion membership. Members of The American Legion, [American Legion Auxiliary](#) and Sons of The American Legion comprise the Legion Family, which has a combined membership of nearly 3 million.

Although SAL has its own membership, the organization is not a separate entity. Rather, SAL is a program of The American Legion. Many Legionnaires hold dual membership in SAL.

The Sons of The American Legion is divided into detachments at the state level and squadrons at the local level. A squadron pairs with a local American Legion post; a squadron's charter is contingent upon its parent post's charter. However, squadrons can determine the extent of their services to the community, state and nation. They are permitted flexibility in planning programs and activities to meet their needs, but must remember SAL's mission: to strengthen the four pillars of The American Legion. Therefore, squadrons' campaigns place an emphasis on preserving American traditions and values, improving the quality of life for our nation's children, caring for veterans and their families, and teaching the fundamentals of good citizenship.

Since 1988, SAL has raised more than \$8 million for The American Legion Child Welfare Foundation. SAL members have volunteered over 500,000 hours at veterans hospitals and raised over \$1,000,000 for VA hospitals and VA homes. The SAL also supports the Citizens Flag Alliance, a coalition dedicated to protecting the U.S. flag from desecration through a constitutional amendment.

SAL Membership Eligibility Requirements

All male descendants, adopted sons, and stepsons of members of The American Legion, and such male descendants of veterans who died in service during World War I, and December 7, 1941, to date, as set forth in Article IV, Section 1, of the National Constitution of The American Legion, or who died subsequent to their honorable discharge from such service, shall be eligible for membership in the Sons of The American Legion.



Jennifer L. Bucki
Licensed Agent

Ph: (716) 992-3488
Fax: (716) 992-9398
jbucki@randallagency.com

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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.



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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



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

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



February 2024

**We need
YOU!** 

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 <i>Lounge Party</i>	3
4	5	6	7	8	9	10 <i>Post Members Meeting 11am Lounge Party 11-2</i> <i>Meat Raffle 5-10</i>
11 <i>Manor Super Bowl</i>	12 <i>Republican 6-9</i>	13 <i>Elevator Union 5-10</i>	14 <i>Happy Valentine's Day</i>	15	16	17
18	19 <i>Badge and Shield Meeting</i>	20	21	22	23	24 <i>Party in Lounge</i>
25 <i>Manor Meat Raffle 12-6</i>	26	27	28	29		



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our Veterans and
The George F. Lamm Post 

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