



LAMM LIGHTS Newsletter for May 2024
Website: <http://americanlegionpost622.com> 716-204-2516
962 Wehrle Drive, Williamsville NY 14221

Commanders Message



Commander Phil

Hi Everyone,

I hope this message finds you doing well, it is hard to believe that we are into May already. Just a reminder that we will be having our next scheduled meetings on Saturday May 11th. The Executive board will meet at 10:00 AM with the membership meeting at 11:00 AM.

We will be holding our Memorial Day Services on Monday May 27th, next to our Post Memorial stone. Services are scheduled to begin at 11:00 AM with a luncheon to follow. The luncheon will be provided by the Lamm Post Executive Committee and the Auxiliary we hope to see you there.

Our Post depends on our facility rentals to “keep our doors open”. Currently there are only a few people that are helping out during these events. **We need more members to help support and service these events. Please volunteer some of your time to help your post.** Thank You

For God and Country

Commander Phil



The Lamm Post Grove is Now Open!

- Plenty of Parking
- Use of Full Kitchen
- Outer Covered Grill area
- Full Restroom Facilities
- Indoor Seating
- Lots of Greenspace
- Indoor Service Bar Area

Book Your Event Now!
Call Bob at
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Cheektowaga
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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, groups homes, etc. This includes delivery services and medication review if required.

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.



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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.



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

Serving Western New York for over 40 years



Why Join the American Legion ?



If you are currently on active duty, serving the United States honorably, anywhere in the world, or have served honorably during any of the eligible war eras, we invite you to become a member of The American Legion.

Among the Benefits:

- **Exclusive Member Discounts**

Your membership gives you and your family practical, money-saving discounts that can easily save you many times the cost of your annual membership dues. There are discounts for car rental, home services, electronics and technology, financial and insurance services, travel and lodging, and more.

- **12 Issues of The Legion Magazine**

The monthly magazine boasts features on military, veterans and political topics written by talented writers, professional journalists and world leaders.

- **A Powerful Voice in Nation's Capital**

The American Legion is the nation's most influential, effective and dependable advocate of veteran affairs fighting for better active-duty pay, improved housing for active-duty families, guaranteed GI Bill education benefits, and helping to ensure that the VA's medical system can properly care for veterans.

- **VA Benefit Assistance**

Your membership helps support Department Service Officers who assist veterans in preparing claims and obtaining their full military healthcare benefits through the VA.

- **Access to Scholarships and Programs**

Posts, County Legions and the Department offer a variety of scholarships for Legion Family members entering college.

- **Outreach in Local Communities**

Whether holding holiday parties for kids, coordinating regular blood drives, providing a venue for charitable events, mentoring Boy Scouts and junior shooters, or sponsoring elite Legion baseball teams (just to name a few), local posts have a strong heritage of community service.

- **Natural Camaraderie**

Where else can you spend time with others who understand where you've been, and where you are, as a veteran?

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 2024

Benjamin Boyd	716-836-3256
Rick Herrmann	716-243-5348
David Shia	716-907-2329
Duane Swirgos	716-830-0435

AUXILARY OFFICERS 2024

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

A Special Thank You
to one of our sponsors.



Capital Heat Inc.
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Thank You for Supporting our Troops,
our Veterans and
The George F. Lamm Post 

Please support our sponsors

Contact the Post at
gflamm962@gmail.com

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

Lamm Post

American Legion Membership Renewals

Membership in The American Legion is based on a calendar-year from January 1st to December 31st. When a member pays their dues, they are paid up for that membership year. They will also receive twelve monthly subscriptions to The American Legion Magazine, along with other offered benefits.

The renewal process begins in July for the upcoming membership year. Renewal notices are sent out in July, October, January, March and May. When a member renews, they are removed from future renewal notices for that year. There are times when a member pays their dues, but they still receive a renewal notice. If dues are paid to the local post, it takes a little longer for national to be notified about the renewal and the member may receive another renewal notice. If this occurs, please check with your local post to ensure they have received your dues.

The American Legion's national per-capita dues will increase from \$18.50 to **\$23.50** starting with the 2025 membership year. The \$5 increase will go into effect July 1, 2024. **The George F. Lamm Post did not increase the annual dues for 2025.** The Post decided to help our members by keeping the amount the same as last year. This will mean that the Post will take in less money to be used at the Lamm Post, so we are encouraging all members to renew now.





PATRIOT
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Westside Bulls Football

MEAT
RAFFLE

Entry
Ticket

\$15

only purchase if
your Attending

Friday, May 24th

George Lamm Post : 962 Wehrle Dr.
Buffalo NY 14221

RAFFLES BEGIN AT: 6PM

RAFFLE ITEMS
RIBS
STEAKS
ROAST
& MUCH MORE



CAN'T MAKE IT?

All Proceeds to Help Support Our 11 U
team going to Florida for the
International Football Campship

Support by buying a chance to WIN a YETI
COOLER!
WITH \$200 worth of MEAT inside!
3 TICKETS for \$20!!
You dont need to be present to WIN!

For More Information: contact Mike Alessi 11 U coach

Venmo: Alessi0403

Photo with Proctor/Wood.com



Lockport Volleyball Club

MEAT RAFFLE

Proceeds to benefit LVC families going to Nationals in Orlando, FL

Saturday, May 11, 2024

American Legion Post 622

962 Wehrle Drive, Williamsville

Doors open @ 6PM – First drawing @ 7PM

Only 250 admission tickets will be sold! - \$10.00 per ticket

***You can purchase admission tickets from participating club families
or text Tom Schneider @ (716)310-2781***

Includes Beer, Wine, Soda, Snacks & Slice of Pizza
(additional pizza available for purchase but feel free to BYO snacks)

Door Prizes - 50/50 Split – Mini Theme Baskets

Please bring dollar bills and a cooler for your winnings!!



Win a Freezer Filled with Meat!!
Donation \$10 each or 3 for \$20
(need not be present to win)

BONUS!!

FRIENDS OF EMPRESS 2029 LACROSSE



MEAT RAFFLE

BASKET RAFFLE • 50/50 • DOOR PRIZE

FRIDAY MAY 3, 6-10 PM

GEORGE F. LAMM POST, 962 WEHRLE DR, WILLIAMSVILLE
DOORS OPEN AT 6:00PM FIRST DRAWING AT 7:00PM

TICKETS \$15 EACH
INCLUDES SODA, BEER AND WINE
CASH BAR FOR MIXED DRINKS
BRING YOUR DOLLAR BILLS & A COOLER
BYO SNACKS AND TREATS
NO OUTSIDE ALCOHOL PLEASE



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

• TUESDAY, APRIL 16, 2024

NYS Women Veterans Recognition Day in June

The NYS Department of Veterans Services is hosting its annual Women Veterans Recognition Day in June.

This year instead of having it for three days in Albany, it will occur in three different locations:

- Albany on Wednesday, June 12, 1 to 4 p.m. (Empire State Plaza, 100 S Mall Arterial)
- Watertown on Friday, June 14, 1 to 4 p.m. (Dulles State Office Building, 317 Washington St.)
- Syracuse on Friday, June 21, 1 to 4 p.m. (D'Aniello Institute, Waverly Ave.)

This event is a tribute to the service and sacrifice of women who have served in the armed forces. It's an opportunity to recognize their contributions, share stories, and express gratitude for their dedication to our country.



Department of
Veterans' Services

Join Us

Women Veterans Recognition Day

Albany | Empire State Plaza | 100 S Mall Arterial, Albany, NY 12242
| Wednesday, June 12th | 1:00 PM - 4:00 PM

Watertown | Dulles State Office Building | 317 Washington St,
Watertown, NY 13601 | Friday, June 14th | 1:00 PM - 4:00 PM

Syracuse | D'Aniello Institute | Waverly Ave, Syracuse, NY 13210 |
Friday, June 21st | 1:00 PM - 4:00 PM



email:
gflamm962@gmail.com

**ADVERTISE
YOUR
BUSINESS
HERE**

Post phone:
716-204-2516

We Welcome New Supporters and Sponsors to the George F. Lamm Post. Your Donation to our Post will help support our Veterans and allow us to continue to support the community.

For your support and donation, we will publish an Ad in our newsletter, which is emailed to our members and posted for all to view on our website and Face Book page each month.

Also, when available, we will announce your support on our electronic billboard by thanking you for your continued support to our Post and our Veterans. Contact us by emailing to: americanlegionpost622@gmail.com

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.



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.

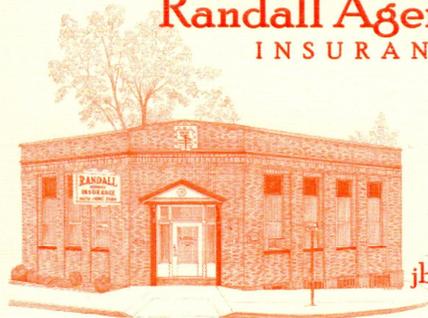


US Army Veteran
Korean War
52 year member
of Lamm Post
Anthony P. Amigone, Sr.



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

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



THE AMERICAN LEGION

A **POWERFUL FORCE** for OUR NATION

The American Legion was founded upon four pillars of service in 1919. Today we continue to pledge ourselves to...

- Our Veterans...
- Our Youth...
- A Strong National Defense...
- And Americanism.

These four pillars shape our work and what we do for America.

Find out more about The American Legion's commitment of service to America.



WWW.LEGION.ORG

For more information please contact: Paul Shea
George F. Lamm Post
962 Wehrle Drive, Williamsville, NY 14221
716-906-9257 or Email: sheap622@gmail.com



The George F. Lamm Post Thanks

Anthony Anigone Senior



For His Continuous Contributions to our Post

"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



May 2024

We need YOU!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 <i>Meat Raffle Manor 6-10 7pm 1st spin</i>	4 <i>Lounge Party</i>
5	6 <i>Republican Meet Dance Class 10-11</i>	7	8	9	10 <i>Party—Manor</i>	11 <i>Post Members Meeting 11 Am</i> <i>Meat Raffle— Manor 1st spin 7pm</i>
12 	13	14 <i>Elevator Union Manor</i>	15 <i>BHSC Manor 6-10</i>	16	17 <i>In the Grove Meat Raffle</i>	18 <i>Manor—Baby Shower</i>
19	20	21	22	23	24 <i>Meat Raffle 1st Spin 6 PM Manor</i>	25 <i>Grad Party</i>
26	27 <i>-Post Event 11AM</i> 	28	29	30	31	

George F. Lamm Post
Members Meeting
The next meeting will be
Saturday May 11th
Meeting 11 AM
Please Support
Your Post



Renew Your Membership Now!
The George F. Lamm Post Needs
Your Support



Not a Member? Join Today!
Call : 716-906-9257