



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

Commanders Message



Hi everyone, I hope that you are all doing well and enjoying this fall season with your family and friends. I would like to thank everyone that helped take part in our Unserviceable Flag Ceremony last month.

Our next date for our meetings will be Saturday, November 9th. The Executive Committee will be at 10:00 AM with the Membership meeting following at 11:00 AM.

Please remember that we will be having our Veterans Day Service on Monday November 11th at 11:00 AM by or Memorial Stone. This will be followed by a luncheon in our Manor, provided by our Post Executive Committee and our Post Auxiliary. I hope to see you there to help us celebrate our special day.

As a reminder, if you have not yet sent in and paid your 2025 American Legion Membership dues, please do so today.

For God and Country
 Commander Phil



Follow us on face book for updated news and events.

GFLP page : [George F. Lamm](#)

The George F. Lamm Post will have a Veterans Day ceremony on Monday November 11th, 2024. It will be held at the post in front of the Memorial stone at 11:00 Am.

This will be followed by a luncheon provided by the Post and Auxiliary.

**VETERANS
 DAY**



**American
 LEGION**

POST 622 *George F. Lamm* ★★

Membership Report as of the end of October.

2025 Membership Renewals:

GFLP is at 66%

There are still Eight (8) Members who have not paid their 2024 dues.



For the month of October 2024

New Transfers

Mark Orłowski Sr.

Debra Winkelmann



WNYHeroes, Inc.

Supporting Western New York Veterans



OFCCP'S FIRST ANNUAL

Veteran Resource & Opportunity Fair



Join us to meet employers eager to hire veterans and gain insights into resources available for your career development:

When: November 6, 2024 Where: WNY Heroes - 1001 E Delavan Ave

Time: 11 am to 2 pm Buffalo, NY 14215

Discover job opportunities with leading Federal contractors and learn about valuable workplace protections designed to support you.



Don't miss this chance to advance your career. For more information or if you need an accommodation, contact: Jennifer Siller, OFCCP siller.jennifer@dol.gov, 716-464-5352



The following companies will be represented:

- Astronics Corporation
- Calspan Corporation
- Conserve Accounts Receivable Management
- Cubrc
- Eaton Corporation
- Encorus Group
- Evans Bank
- General Motors
- Illinois Tool Works
- Ingersoll Rand Industrial Technologies
- Instron
- ITT Enidine Inc.
- Linde
- Moog
- M&T Bank
- Nationalgrid
- Olin Corporation
- Safran Group
- University at Buffalo - HERC
- University at Buffalo - Student Life Human Resources
- WSP USA Inc

The following Stakeholders will be represented:

- Health Care for Homeless Veterans Program VA WNY Health Care System
- Helmets to Hardhats
- New York State Department Disabled Veterans' Outreach Program
- U.S. Small Business Administration - Buffalo District Office
- Veteran Readiness & Employment - Veterans Benefits Administration
- Veterans One-stop Center of WNY, Inc
- Goodskills Career Builder for Veterans
- Veterans One-stop Center of WNY, Inc.
- WNY Heroes

Disability Parking



Disability Parking Info: Disability Parking on side of building, (See Diagram)

Main Parking Info: parking in lot across E Delavan Entry door

HERO'S IN HAWAIIAN SHIRTS



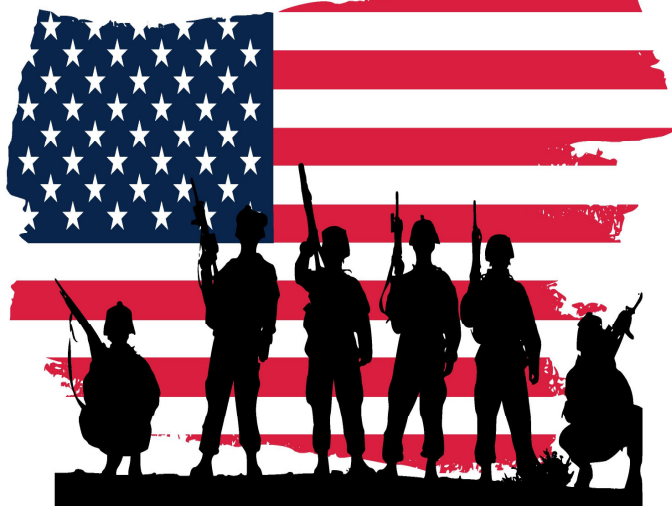
The George F. Lamm Post Manor will be the location of a benefit for Hero's in Hawaiian Shirts, Saturday November 9th, 2024. The event will start at 6 PM.

The group is honoring service men and women who are deployed around the world. Those that attend the event are urged to wear a Tropical/Hawaiian shirt and to donate a Tropical/Hawaiian shirt. If you do not have a shirt to donate, admission is \$10.

The event will feature Live Music. Beverages will be available at a cash bar and will also have food to purchase.

The National group is Hawaiian Shirts For Deployed Soldiers.org

HAWAIIAN SHIRTS FOR DEPLOYED SOLDIERS



Never Forgotten

ROTARY CLUB OF WILLIAMSVILLE
CELEBRATING 100 YEARS OF SERVICE TO THE COMMUNITY
1925-2025

P.O. Box 45
Williamsville, NY 14221

716.634.2730

wojtowiczr@aol.com

**Veterans
Crisis Line**
DIAL 988 then **PRESS 1**



If you're in crisis, call the new
Veterans Crisis Line number:
Dial 988 then Press 1.



GEORGE F. LAMM POST MEMBERS

Recently, a Lamm Post Member indicated that he would like a "Buddy" as he lived alone and wanted someone that would check on him, call him, etc.

If you also need a "Buddy" or would like to be a "Buddy" please email GFLP at: georgeflamppost622@gmail.com
Let us know if you want to be, or need a "Buddy". Please leave your name and phone number for contact.



HOME VETERAN FLIGHTS GET INVOLVED GOLF TOURNAMENT -2024 EVENTS DONATE ABOUT US

HONOR AMERICA'S HEROES!

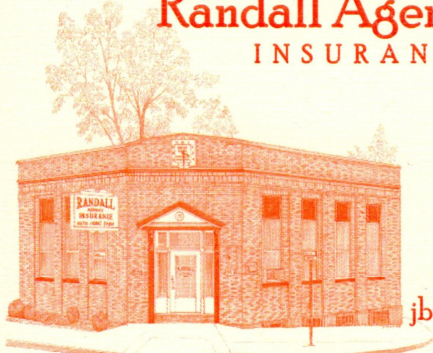
Sponsor or Co-Sponsor a Buffalo-Niagara Honor Flight!

Sponsor a full flight, part of a flight or sponsor a veteran – Buffalo- Niagara Honor Flight sponsors are needed for the 2023 Fall flight and beyond. Sponsor levels vary – it all helps. If you or someone you know is interested, please contact us! We can have a one-on-one meeting or we can present at your organization to provide all the details. Thank you in advance for your consideration.

Contact: Tom Petrie, President
Buffalo Niagara Honor Flight
716-473-8465

<https://buffaloniagarahonorflight.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

Do you have your 2025 Membership card?
If not please renew today.



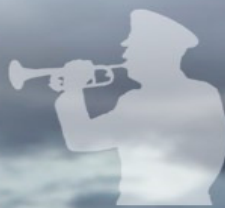
George F. Lamm Post #622



T
A
P
S

In Memory of

Raymond M. Vargo October 13th, 2024



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

AUXILIARY 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



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, helath 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.

Contact the Post at
gflamm962@gmail.com

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

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



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





Senior Center

AMHERST SENIOR CENTER

370 John James Audubon Parkway
Amherst, NY 14228
716-636-3050

VETERAN'S COFFEE GROUP

**Every first Monday
of the month at 10:00 AM**
Come for a cup of coffee and share
with other veterans who
understand your story and lend
support



ZUBA ZONE 716
SPORTS MEMORABILIA
& TRADING CARDS

5872 Transit Rd
Depew NY 14043
716-393-3133



**GFLP Lamm
Light Readers**

Enter into the drawing for a
\$25.00 Gift Certificate. Just
email: georgeflamppost622@gmail.com

Subject : Zuba Zone 716

Drawing on November 16th

FOLLOW US ON FACEBOOK

Zuba Zone 716 Sports Memorabilia &
Trading Cards

3.1K likes • 3.3K followers

AMERICAN
LEGION

JOIN AND RECEIVE

A voice in our nation's capital

Easy access to VA benefits assistance

American Legion Magazine subscription

JOIN TODAY



MEAT RAFFLE

Saturday November 16th
Doors Open 6:00 PM
Contact Sean 716-550-9269

**caboodle
PRINTING**
www.caboodleprinting.com

GARY WODARCZAK
MANAGING PARTNER

1975 WEHRLE DRIVE
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PATRIOT
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and so much more!

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

Patriotsnowandlawn@gmail.com

Renew Your Membership Now!

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



Not a Member? Join Today!

Call : 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

© 2/17 VHA



GEORGE F. LAMM POST CHRISTMAS PARTY & DINNER BUFFET AT 3:00 PM

\$ 15.00 DONATION **WHEN: DECEMBER 14TH, 2024**
FOR POST MEMBERS **WHERE: THE GEORGE F. LAMM POST**

**\$21 DONATION FOR
NON-MEMBERS**

962 WEHRLE DRIVE

TIME: 2 PM TO 6 PM

CATERED 3 PM DINNER BUFFET

INCLUDES DINNER

OF:

DRAFT BEER

BREADED PORK CHOPS

WINE OR POP

ROAST BEEF

**WILL ALSO HAVE A
50/50 DRAWING**

**TURKEY WITH STUFFING
ROASTED RED POTATOES**

VEGETABLE

BASKET RAFFLE

**SALAD, ROLLS, BUTTER
AND DESSERTS**

DOOR PRIZES

FOR TICKETS CONTACT

ADVANCE TICKET

PHIL ENGLISH 716-398-8008

SALES ONLY!

THERESA ENGLISH 716-994-3855

BOB BRUNO 716-574-5574

LIMITED SEATING





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

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

Saturday November 9th - 6pm

Live Music Open to the Public
 FB page: George F. Lamm for more Info

"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**



November 2024

**We need
YOU!**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
More Information for some Listings and announcements can be found on the Post's web site under New and Upcoming Events.					1	2 Meat Raffle
3	4 Vet's Coffee at Amherst Senior Center	5	6	7	8	9 Vet's Shirt Party 6 PM 
10	11 Post Service VETERANS DAY	12 Manor 5-10 Elev. Union	13	14 Lounge Party	15 Lounge BD Party	16 Meat Raffle Open 6PM
17	18 Republicans Meet	19	20 Lounge Party 6p -9pm	21	22	23
24	25	26	27	28  HAPPY Thanksgiving	29	30 Lounge Party

Wishing you the happiness of good friends,
the joy of a happy family and
the wonder of the holiday season



Happy Thanksgiving

**George F. Lamm Post
Members Meeting**



**The next meeting will be
Saturday November 9th
Meeting 11 AM**

**Please Support
Your Post**