

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

# Commanders Message



Hi everyone

I hope that you are enjoying this changeable fall weather with your family and friends. Please stay as healthy as you can, it is so easy to feel under the weather nowadays.

I would like to take this time to put out a huge Thank You to everyone involved, for all your hard work to help keep our Post going. (It is Greatly Appreciated)

Our next Exec Committee meeting is scheduled for Saturday, October 12th at 10:00 AM followed by the Membership meeting at 11:00 AM. Hope to see you there Please remember that our Unserviceable Flag Ceremony will be held after the membership mtg (down by the Grove)

For God and Country

**Commander Phil** 

## Membership updates.

With the 2025 American Legion Membership drive three months in, the George F. Lamm Post reports that 55% of their members have already renewed for the 2025 membership year.

However, there were still nine members that had not renew their 2024 membership as of the last few weeks.

Also reported, we lost two members who transferred out to other posts mostly due to relocation. On the other side of that, the Lamm Post did pick up eight members who transferred in to our post. We also signed up two new members for the 2025 membership year.

If you have not yet sent in your renewal for the 2025 membership year, please send them in now. The George F. Lamm Post would like to start the new membership year at 100% of our members listed as paid.

Thank You



# 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 962 WEHRLE DRIVE

NON-MEMBERS
TIME: 2 PM TO 6 PM

CATERED 3 PM DINNER BUFFET

OF:

**INCLUDES DINNER** 

DRAFT BEER

WINE OR POP

WILL ALSO HAVE A

**50/50 DRAWING** 

**BASKET RAFFLE** 

**DOOR PRIZES** 

ADVANCE TICKET

SALES ONLY!

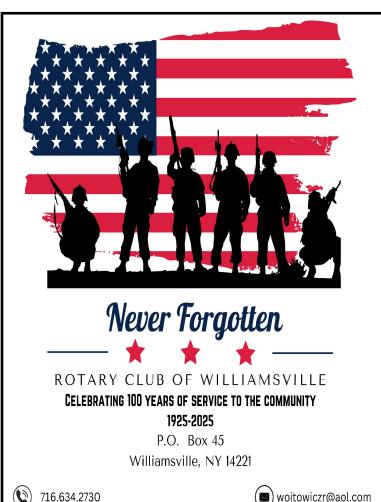


BREADED PORK CHOPS
ROAST BEEF
TURKEY WITH STUFFING
ROASTED RED POTATOES
VEGETABLE

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







BUFFALO-NIAGARA HONOR FLIGHT OME VETERAN FLIGHTS •

GET INVOLVED

GOLE TOURNAMENT -202

VENTS DO

ABOUT US -

HONOR AMERICA'S HEROES!

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

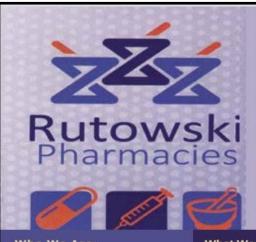
Sponsor a full flight, part of a flight or sponsor a veteran — Buffalo- Niagara Honor Flight sponsors are needed for the 2023 Fall flight and beyond. Sponsor levels vary — it all helps. If you or someone you know is interested, please contact us! We can have a one-on-one meeting or we can present at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





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.



Tile Pharmacy 1031 Cleveland Dr.

Sinclair Pharmacy 75 North Main St

716-786-2330

Wanakah Pharmacy 4923 Lakeshore Dr. Hamburg 716-624-3232

Cys Elma Pharmacy 2317 Bowen Rd.

716-652-3920

Kenmore RX Center 2818 Delaware Rd. Kenmore, NY 716-874-6360

Family Medical Pharmacy 120

Williamsvill, 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

**Elu Shot Clinics:** We provide onsite immunization service for employers, schools, helath care facilities, and groups.

nization: We provide medication organization services to individual patients as well as health care facilities such as nursing homes. We can taylor 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.

Commander	Phil English	716-398-8008
1st Vice	I in English	710-320-0000
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	

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 DECcertified and continue to stay up-to-date with the latest techniques and changes to state regulations so we can provide the absoute best services.







406 Connecticut St. Buffalo, NY 14213 (71) 884-7431 Fax: 881-9578 ashlandpest@hotmail.com

Serving Western New York for over 40 years











#### OKTOBERFEST – Ted Balbierz

With the success of last year's event, I am happy to announce that we will be hosting the Erie County American Legion Family 2024 Oktoberfest to benefit Variety Club 2025 Telethon. It will be held Sunday October 20th, from Noon to 5 pm at the George F Lamm Post 622 Grove, 962 Wherle Dr, Williamsville, 14221. Thank all those Posts, Units, Squadrons & Riders for all your support of last year's Legion Family Oktoberfest Variety Club fundraiser. Together we raised and presented a check totaling \$6,000 at last year's telethon. Erie County American Legion Auxiliary will be soliciting donations from all Legion Family organizations to support a Basket Raffle & Bake Sale during this event. Please reach out to President Cheri Hahn at chahn1380@verizon.net or Anne Baglio at ambaglio@verizon.net to RSVP any donations for the event. Event Posters and additional tickets will be available at September County meeting or by contacting me at tedb06@verizon.net or 716-534-6288. We are looking forward to your support of this very worthy cause supporting WNY's Children and Youth. Together we can make a difference.







### RECOGNIZE THE SIGNS OF SUICIDE RISK

- Thinking about hurting or killing yourself
- Looking for ways to kill
- yourself

  Talking about death, dvin
- Talking about death, dying or suicide
- Self-destructive behavior such as drug abuse, weapons, etc.
- The presence of these signs requires immediate attention.

- 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

Call us if you experience any of these warning signs.

U.S. Department of Veterans Affairs

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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: <a href="mailto:georgeflammpost622@gmail.com">georgeflammpost622@gmail.com</a>





OUR EXPERT FUNERAL DIRECTORS ARE HERE TO ASSIST YOU. CALL TODAY FOR A FREE CONSULTATION.

THANK YOU FOR GOD AND COUNTRY.

Anthony PAmegons SR



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



716-836-6500 www.Amigone.com



"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



# October 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Saturday	IRAMINA 1st Spin Stourne 5 PM October 12th billthomas 353 gmail.com	1	2	3	4	5 Grove Party
6	7 Republican Meet	8 Manor 5-10 Elev. Union	9	10	11	12 Post Members Meeting 11am Meat Raffle 4pm
13	14	15	16 Lounge 6pm- 9pm	17	18	19 Meat Raffle 4pm
Octoberfest 12 noon	21	22	23	24	25	26
27	28	29	30	31	Meat Rafi Inspect Mark Saturday Aug	1e716-228-9448  pin 6 PM For Tickets  rust 17th the Public



