



**LAMM LIGHTS Newsletter for April 2025**  
**Website: <http://americanlegionpost622.com> 716-204-2516**  
**962 Wehrle Drive, Williamsville NY 14221**

## Commanders Message



Commander Phil

I hope that everyone is doing good and in the best of health possible. I would like to wish all of you a very Happy Spring! I would like to pass along some information for those of you with young children or grandchildren:

2025

- 1) There will be a BBQ with the Easter bunny at the Cheektowaga Town Park Mega Shelter on Saturday April 16th starting at 12:00 pm. There will be Easter egg hunts, crafts, outdoor games and a bounce house.
- 2) The Amherst Police Community Policing & Training Facility at 4220 Bailey Ave. In Amherst will be having an Eggstravanza Egg Hunt. It will be held Saturday April 1st from 10 am -1 pm for children Ages 11 and Under.

Our next scheduled meeting will be Saturday, April 12th. The Executive board will meet at 10: 00 AM with the membership meeting starting at 11:00 AM. Just a reminder, if you have family members they are welcome to come with you. We have Wi-Fi available for them to use in the Manor or if it is nice day, they could do things outside. If your spouse is interested, the Lamm Post Auxiliary would love for them to consider becoming a member.

Once the weather gets better and the Grove opens, we would like to bring back

The "Bring a dish to Pass" night a couple times a month. It would be a lot of fun and it would be a great opportunity to mingle with other members and their families. Please let us know if you would be interested in participating in something like that. If you have other ideas that you would like to share please let us know. Email: [georgeflamppost622@gmail.com](mailto:georgeflamppost622@gmail.com)



If you are a Veteran and not a member of our Post but you enjoy our website, please consider joining our Legion Family.

For God and Country  
 Commander Phil



### Important Update on American Legion Membership Dues

Last year, the National American Legion raised the 2025 Membership dues by five dollars (\$5.00), which would have raised the George F. Lamm Post membership dues to fifty dollars (\$50.00).

The Lamm Post decided to not raise the dues and maintain the forty five dollar (\$45.00) dues amount in order to help our members. By doing so, the Lamm Post lost the five dollars (\$5.00) on each member that renewed which affected our budget for handling the membership renewal process of mailing out the new cards and reminders of the dues notices, along with any funds going to the overall post operating expenses. Out of the \$50 dues, National and State takes \$39.50 leaving the Lamm Post only \$10.50. Last year (2025) we only received \$5.50.

The new membership drive for the next year always starts through the National Legion and starts July 1st. So this July, the 2026 membership drive will start. The dues notices will be mailed at that time. When the members do not pay upon that first notice, it costs the American Legion more in operating expenses to resend the dues notices. **So paying early helps maintain costs.**

For the 2026 Membership year, the George F. Lamm Post will increase the annual membership dues by five dollars (\$5.00). This will bring the 2026 renewal up to Fifty Dollars (\$50.00).

Remember, your yearly membership dues help assist in the many programs that the American Legion is involved in and that it supports. You, as a paid member, also receive the Legion magazine and are entitled to many discounts that are offered to the American Legion Members.





## Attention Lamm Post Members

**If you have an email address, but are not currently receiving the newsletter, Lamm Lights, to your in box, please send us your email information to :**

**[georgeflamppost622@gmail.com](mailto:georgeflamppost622@gmail.com)**

 **Meat Raffle**  
**Saturday April 12th**  
**Doors Open 5 PM - First Spin 6 PM**

*For Tickets Text: Jacob Wargala (716)364-8776  
or Gene Mongan (716)418-2966*

**Meat Raffle**   
**Doors open at 4 PM 1st Spin 5 PM** **Open to the Public**  
**Saturday April 26th**

### **LAMM POST OFFICERS**

Commander	Phil English	716-398-8008
1st Vice		
2nd Vice	Scott Schomber	716-461-1018
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 2025**

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

### **AUXILIARY OFFICERS 2025**

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

*George F. Lamm Post*



**All of the posted Meat Raffles at the George F. Lamm Post are open to the public. More information on some of the raffles can be found on our website, <http://americanlegionpost622.com/newandupcomingevents>**

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## **62<sup>nd</sup> Annual Western New York Armed Forces Week**

**P.O. Box 0832, 1200 William Street  
Buffalo, New York 14240-0832**

**<http://www.WNYarmedforcesweek.com>**

**Twitter: @WNYArmedForces**

**Facebook: wnyarmedforcesweek**

**501(c)(3) Organization EIN 84-2203842**

**Civilian Chairman  
Hon. Frank Caruso, JSC**

**General Chairmen  
George Boller, LCDR, USN (Ret)**

**Chief of Staff  
Thomas Whelan, MGySgt, USMC (Ret)**

**Senior Enlisted Advisor / Race Director  
Christopher Schreiber, 1stSgt, USMC  
Jeff Gray, CMSgt, USAF**

**Recording Secretary  
Alexandra Perreault, SSGT, USAF**

**Budget Director / Treasurer  
Jeff Gray, CMSgt, USAF**

**Opening Ceremony Chairman  
Bernie Bunny, CWO4, USN (Ret)**

**Luncheon Co-Chairman  
Bernie Bunny, CWO4, USN (Ret)**

**Permanent Luncheon Chairmen  
Frank Sparacino, LTC, USA (Ret.)  
Patrick Morrow, CWO-4, USMC (Ret.)**

**Ball Co-Chairman  
Lynda Pixley, USN Veteran**

**Ticket Chairman  
George Boller, LCDR, USN (Ret)  
Marge Price, CIV**

**Tribute Book  
Maj Bill Marlowe, USMC (Ret)**

**Website / Public Affairs  
Dave Carapetyan, CIV, Pres USNL**

**Awards Committee  
Bernie Bunny, CWO4, USN (Ret.)  
John Cardarella, CW5, USA NYSRL**

**Dear Western New York Armed Forces Supporter,**

**The WNY Armed Forces Week Committee is celebrating our 62<sup>nd</sup> year supporting the service members working and living in Western New York!**

**It is a privilege and an honor to announce that after maintenance has been completed, we will be returning to the historic Connecticut Street Armory to host the Opening Ceremony and Civic Luncheon on May 8<sup>th</sup> and formal Military Ball on May 10<sup>th</sup>! This will offer unique opportunities for you to participate in very special events to show your appreciation as we honor those Americans who currently serve in the United States Armed Forces.**

**Participation provides you a superb opportunity to personally recognize military members and veterans for their service to our country. Planning for 2025 WNY Armed Forces Week is well underway. This year 14 top performing service members will be recognized from the five military branches serving on the Niagara Frontier. The recognition of these service personnel will be held at the WNY Armed Forces Week Formal Military Ball on Saturday, May 10<sup>th</sup>, 2025. We believe there is no greater or more important deed than volunteering to serve your nation and your fellow countrymen. There is no greater obligation for the citizens of America than to support those responsible for our safety and security.**

**The enclosed order form explains our Tribute Book advertisement options. We ask for your partnership as we provide the Opening Ceremonies, the Civic Luncheon, and the formal Military Ball to recognize the outstanding contributions and achievements of our serving military members and veterans. Your logo will be published on our website, in all 700+ tribute books published, and will be featured digitally at the Civic Luncheon. Additionally, your logo or advertisement(s) will be featured on our social media sites for all to see your support of our local military members both active duty and veterans.**

**By donating to our efforts, you'll positively impact military morale and support functions for our servicemembers. Last year we donated over \$10,000 to local Armed Forces Family Organizations making an immediate impact on our community. We encourage your support as we recognize those personnel who wear our nation's military uniforms. Please submit your partnership proposals by April 25, 2025, so publication timelines can be met. We encourage you to visit our website at [wnyarmedforcesweek.com](http://wnyarmedforcesweek.com), and on Facebook at "WNY Armed Forces Week". If you have questions, please reach out to the two email addresses below. Tribute Book donation forms and any questions can be e-mailed to [WNYAFWspponsors@wnyarmedforcesweek.com](mailto:WNYAFWspponsors@wnyarmedforcesweek.com), or Sponsorship/Marketing Team Leader at [trwgunny@roadrunner.com](mailto:trwgunny@roadrunner.com).**

**Sincerely yours,**

**Frank Caruso, JSC  
Civilian Chairman**

**George Boller, LCDR, USN (Ret)  
General Chairman**

**"For every obstacle there is a solution. Persistence is the key.  
The greatest mistake is giving up!"  
*Dwight D. Eisenhower***





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**American  
LEGION**

POST 622 *George F. Lamm* ★★

**Membership Report as of the end of March.**

**2025 Membership Renewals:**

**GFLP is at 95%**

**There are Ten (10) Members that still have not submitted their 2025 Dues payments.**



**For the month of March 2025**

**New Members and Transfers**

**Frank Bartscheck**

**Marc George**



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## 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>

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#### What We Do:

- Medication dispensing
- Medication organization (pill packs)
- Medication and device education
- Immunization (flu shot)
- Compounding
- Institutional services

#### Institutional Service

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**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.

email: [gflamm962@gmail.com](mailto:gflamm962@gmail.com)

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(American Legion Post)



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American Legion Donated \$7,000 to the  
Variety the children's charity in March  
2025. Most of the funds came from the  
Oktoberfest fund raising party in 2024.







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*Anthony P. Amigone Sr.*



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



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**George F. Lamm**



# George F. Lamm Post



**A Great Event Space  
For Your Meat Raffles**

## George F. Lamm Post Members Meeting




**The next meeting will be  
Saturday April 12th  
Meeting 11 AM**

**Please Support  
Your Post**



# April 2025

**We need  
YOU!** 

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 <i>Wedding- Manor</i>
6 <i>Private Family Party—Lounge</i>	7	8 <i>Elevator Union 5-10</i>	9	10	11	12 <b>Post Members Meeting 11am Meat Raffle Open 5pm 1st 6</b>
13	14 <i>Golf League Meeting 7 Pm</i>	15	16	17	18 <i>Lounge party</i>	19
20 	21	22	23	24	25	26 <i>Meat Raffle Open 4 PM 1st 5</i>
27	28	29	30			

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**"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  
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