



GEORGE F. LAMM

POST 622

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

Commanders Message



Commander Phil

Hi Everyone,

I hope that you have a safe and enjoyable 4th of July with your family and friends. As the weather is getting a lot hotter, please be careful and limit your time outdoors. If you are doing yardwork, make sure to have some refreshments in-between. It is best to not overdo it and if you can, try to get someone to help you.

Our next meetings are scheduled for Saturday, July 12th with the Exec. board at 10:00 AM with membership following at 11:00 AM, I would like to thank Past Post Commander Mike Marshall for filling in for me while I was at a different function that day. I would like your opinion as to whether we should take a few months off from membership meetings during the summer months due to vacations or other things.

I would like to remind you about the Clutch Artists car show on Sunday July 13th. If you enjoy looking at a variety of classic older cars and street rods, this would be an event for you. I hope that you have a wonderful summer, stay safe and enjoy.

Also, recently announced, Veterans Day at the Eire County Fair will be on Sunday August 10th, 2025.

For God and Country

Commander Phil

2025

**We need
YOU!**



CLUTCH ARTISTS



AUTORAMA
JULY 13, 2025



**At the George F. Lamm
Post**

Registration \$15 (9AM-12PM)

SHOW 9AM-4PM

**Breakfast, Lunch and
Beverages Available.**



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	716-994-3855
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



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

George F. Lamm Post



Meat Raffle
Sunday July 27th
Doors Open 4 PM - First Spin 5 PM

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>



HOME

VETERAN FLIGHTS ▾

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GOLF TOURNAMENT -2024

EVENTS

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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>

George F. Lamm Post

962 WEHRLE DRIVE
NEAR CAYUGA ROAD



WILLIAMSVILLE, NY 14221
PHONE: 716-204-2516

**A GREAT PLACE TO HOLD YOUR EVENTS
AND MEAT RAFFLES**



OUR MAIN MANOR HALL WILL HOLD UP
TO 230 PEOPLE WITH PLENTY OF
PARKING FOR ALL.

CALL BOB AT 716-335-4881



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



Town of AMHERST

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



THE AMERICAN LEGION
VETERANS
STRENGTHENING AMERICA

LEARN HOW YOU CAN HELP
legion.org

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GARY WODARCZAK
MANAGING PARTNER

1975 WEHRLE DRIVE
WILLIAMSVILLE, NY 14221

T 716.693.6000

C 716.796.1543

F 716.810.9326

E gary@caboodleprinting.com



**Cadet Programs Recognized with
American Legion National Education Award**



Find out more about this
organization by visiting
<https://www.gocivilairpatrol.com>



Civil Air Patrol Cadet Programs has been recognized with the American Legion's National Education Award for its outstanding contribution to the education of our youth.

Only Civil Air Patrol Cadet Programs were accepted the award at the American Legion National Convention in Charlotte, North Carolina.

Since December, 2013, 2023 National Education Award of the American Legion Auxiliary, nominated Cadet Programs for the award.



"The CAP cadet program provides the ideals of Americanism in our youth that cannot often be obtained elsewhere," she said.

"The program instills leadership, integrity, training, and stability in the country's youth so that they may believe in service over self," said Rossman, citing the impact on her grandson, Cadet Capt. Robert Lee Rossman IV.



Robert Rossman joined the Virginia Wing's Danville Composite Squadron in January 2021, shortly after he turned 12. His experiences since then have allowed him "to grow as an individual who comprehends the values of civic responsibility and leadership," his grandmother said.

"These are qualities that the citizens and leaders of our country will require to sustain our country," she said. "Cadets expand their knowledge of teamwork to achieve a greater goal, often for the benefit of the community."



PATRIOT
SNOWPLOW AND LAWN CARE

Samuel Erb
Owner

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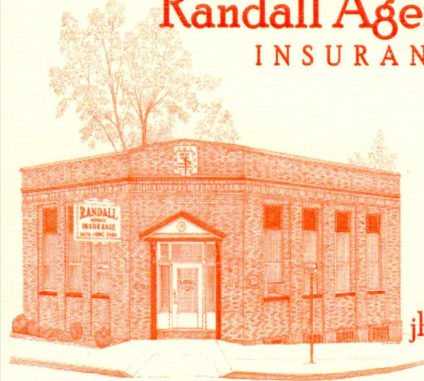
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Licensed Agent

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Fax: (716) 992-9398

jbucki@randallagency.com

8584 S. Main Street • Eden, NY 14057

George F. Lamm Post 622



FAMILY AND FRIENDS POTLUCK PICNIC

SUNDAY AUGUST 10TH 2025

RSVP

In The Grove

1 PM till 6 PM

Main Meats will be Provided

**DRAFT BEER AND
POP PROVIDED**

**Bring a
Dish to
Share**

**RSVP TO THERESA OR PHIL
716-994-3855**

**OR EMAIL YOUR RSVP TO:
GEORGEFLAMMPOST622@GMAIL.COM**

RSVP BY THE 1ST OF AUGUST



**American
LEGION**

POST 622

George F. Lamm ★★

Membership Report as of the end of May.

2025 Membership Renewals:

GFLP is at 95%

There are Six(6) Members that still have not submitted their 2025 Dues payments.



For the month of June 2025

New Members and Transfers

John Jewett

Richard Horvatis

Help for Vets

Amherst Hosts NYS Department Of Veterans' Services Community Outreach Walk-In Office

Hours 9:00 AM - 3:00 PM on August 13, September 10 at [Amherst Town Hall](#) in the Conference Room Across from Supervisor's Office. He can help out with many issues, including service medals, tax exceptions, health care and compensation claims.

Contact Rob Stutz, Veterans' Benefit Advisor for more information.

Robert.stutz@veterans.ny.gov

www.veterans.ny.gov

1-888-838-7697

Contact the Post at
gflamm962@gmail.com

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



**Follow the Lamm Post
on Face Book**



George F. Lamm

(American Legion Post)



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



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



Events at other Legion Posts

Saturday July 19, PCC summer picnic at Stiglmeier Park, on Losson Rd., Cheektowaga in Shelter #2. \$10 per family. Reservation deadline will be July 1. Call Gary Oakes Jr. or Gary Kruger.

Sunday July 20, ALL YOU CAN EAT Pancake Breakfast at A. J. Jurek Post #1672, 655 New Rd. Swormville, 14051. From 8 AM to 12:00 PM. Fresh, hot, buttermilk pancakes, "Egglands Best" eggs, link & patty sausage, juice & coffee or tea. Adults \$10, children under 12 \$4, children < 5 free.

Saturday August 2, Sardinia Post #1131 Annual Steak Roast Dinner Fundraiser from 4-6 PM at Sardinia Veterans Park, 13169 Genesee Rd., Sardinia. \$30 per person. Tickets available at Erie County Meetings or contact PPC Jim Wiedemann at 716-374-3335.



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AUTORAMA
JULY 13, 2025



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SHOW 9AM-4PM

Breakfast, lunch and beverages



available



AMERICAN LEGION GEORGE F. LAMM POST

962 WEHRLE DR. 14221

AMERICAN
LEGION

DISCOUNT PROVIDERS

Your membership discount perks, all in one place.



Check out all of the Discounts you can receive by being a American Legion Member at:

<https://americanlegionpost622.com/membership>



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.





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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www.Amigone.com



Tile Pharmacy 1031 Cleveland Dr.
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

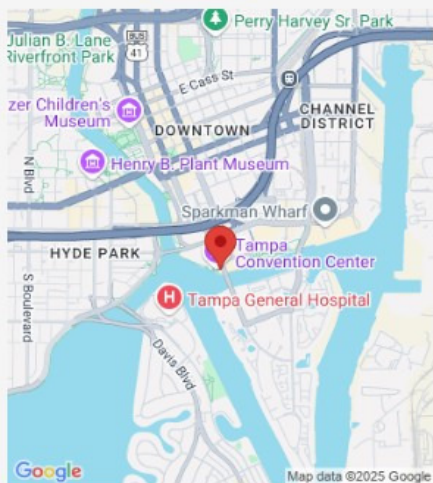
Institutional Service

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.

Event Status **Scheduled**



[Get Directions](#)

Tampa Convention Center
333 S Franklin St
Tampa, FL 33602
United States

Event Neighborhood

[Tampa Downtown Partnership](#)

When

Fri, Aug 22 2025, 8am - Tue, Aug 26 2025, 5pm

[Add to Calendar](#) [Google](#) [Outlook](#) [iCal](#)

Event Links

- www.legion.org

Event Collection

[Tampa Convention Center](#)

**AMERICAN
LEGION**



The American Legion will hold its 106th National Convention in Tampa Bay, Florida – **August 22 – 28, 2025**. The American Legion's largest annual meeting brings together all of its 55 departments – the 50 states, the District of Columbia, the Commonwealth of Puerto Rico, France, Mexico and Philippines.

The American Legion conducts its annual National Convention in the summer, typically prior to the Labor Day holiday. By authority of our governing body our National Convention must be conducted August 15 - September 15 annually, using a Friday through Thursday set of days. We will consider any set of dates within the aforementioned days, as long as our convention concludes prior to Labor Day. Approximately 9,000 attendees to the National Convention gather to help further their cause to patriotism and support of our service men and women, past and present. Convention activities include the National Convention of The American Legion and two other separate conventions: American Legion Auxiliary and Sons of The American Legion whose combined membership exceeds three (3) million worldwide. Along with the above-mentioned and the annual business meeting, other significant elements of the National Convention include a parade, patriotic memorial service, exhibits, general sessions with nationally acclaimed keynote speakers, color guard and band contests, receptions and banquets. For event details: www.legion.org or 317-630-1313

A Special Thank You
to one of our sponsors.



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716-683-7336

Thank You for Supporting our Troops,
our Veterans and
The George F. Lamm Post 
Please support our sponsors

George F. Lamm Post
Members Meeting



The next meeting will be
Saturday July 12th
Meeting 11 AM





Please Support
Your Post



July 2025

We need
YOU!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 CLUTCH ARTISTS ANTORAMA JULY 13, 2025		1	2	3	4 Holiday Happy 4th of July 	5 Grove BD Party 12-5PM
6	7	8 Grove -Elevator Union 5-10PM	9	10	11	12 Post Members Meet 11AM Lounge Party 5- 10pm
13 Car Show 9AM-4PM 	14	15	16	17	18	19 Grove Picnic 12noon-6PM Lounge Party Noon-7PM
20 Lounge Grad Party 12-4PM	21	22	23	24	25	26 Manor—Party 2pm-8pm Grove— Paul
27 Manor Meat Raffle 4-9PM	28	29	30	31	Meat Raffle Sunday July 27th Doors Open 4 PM - First Spin 5 PM 	

"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

George F. Lamm Post

