



GEORGE F. LAMM

POST 622

LAMM LIGHTS Newsletter for August 2025

Website: <http://americanlegionpost622.com> 716-204-2516

Commanders Message



Commander Phil

I would like to thank the Post members, their families and the Post Auxiliary who worked the Clutch Artists Car Show and the Erie County American Legion Committee meeting that were well attended. We would not have been able to have the events be a huge success if we did not have all their help.

Just a reminder that we will be having our annual Post Family Picnic on Sunday August 10th from 1 PM to 6 PM. **We will be serving from 3:00 to 4:00 PM.** Hope to see you there with your family and friends.



On the same day the Erie County Fair is having their Veteran's Day celebration. Parking is free, as well as entrance to the fair with proper American Legion ID. You will also be given a \$10.00 voucher as you come in the gate.

Our regular monthly meetings will be held on Saturday, August 9th with the Executive board meeting starting at 10:00 AM followed by Membership at 11:00 AM.

With some of the extreme temperatures that we have been experiencing lately, please be very careful if you are doing anything outside. Be sure to hydrate and rest up every now and then. Please try to get family members or friends to help you with your outdoor chores. Take care for now and hope to see you around.



For God and Country

Commander Phil



Thanks for still serving America.

The American Legion 2026 Membership drive has begun. As noted, the membership drive starts in July of each year for the following calendar year. Statements are sent out in July for payment. If payment is not received by that mailing due date, more statements are produced and mailed out again. By not paying from the first (1st) notice, operating costs increase each time another notice has to be printed and sent out. Increase in operating expenses usually means increases in membership dues.

Please do your part and pay early to reduce operating expenses.

Update: as of July 28th, Eighty Two (82) Lamm Post members 2026 dues have been paid.

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

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



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 UPS Store Cheektowaga

3843 Union Road Ste 15
Cheektowaga NY 14225
716-686-0257

Email:
store3671@theupsstore.com

The UPS Store
#3671
Tops Plaza
George Urban &
Union Road



THE AMERICAN LEGION
VETERANS
STRENGTHENING AMERICA

LEARN HOW YOU CAN HELP
legion.org

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

email:
gflamm962@gmail.com

ADVERTISE
YOUR
BUSINESS
HERE

Post phone:
716-204-2516

SAVE THE DATE

The Buffalo Bills Alumni Foundation
presents the

Ralph C. Wilson, Jr. Charity Golf Classic

to benefit

Cure the Blue Prostate Cancer Healthcare Initiative

MONDAY,
SEPT. 22, 2025

with honored guest
Mary Wilson

EXCLUSIVE
SPONSORSHIP OPPORTUNITIES
AVAILABLE!

For sponsor information and
reservations contact:
Joe Ciffa » JRC Promotions
(716) 583-4710 • (716) 694-7867
ciffaj@verizon.net



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>



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



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

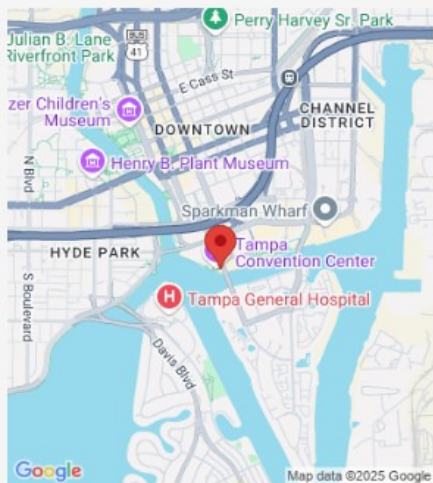
Institutional Service

Flu Shot Clinics: We provide onsite immunization service for employers,
schools, 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



American LEGION

POST 622 *George F. Lamm* ★★

The 2026 Membership drive is in full swing...

Send in your renewal today! Thank You.

Membership Report as of the end of July.

2026 Membership Renewals:

GFLP is at 44%



For the month of July 2025

New Members and Transfers



BACAworld.org

BUFFALO CHAPTER'S ANNUAL Dice Run

August 23rd

36 Years
OF EMPOWERMENT



Buffalo Harley Davidson
140 Mid County Dr. Orchard Park

REGISTRATION
10:30-12:30

First Bike Out 11am
\$20 rider \$10 passenger

AFTER PARTY @3

George F Lamm Post Grove

962 Wehrle Dr. Williamsville, NY

Live Music / Vendors / Food Trucks
Non-Passengers \$5

CAR & BIKE SHOW

\$20 PER VEHICLE

INCLUDES ENTRY TO AFTER PARTY

REGISTRATION 2-4PM

AWARDS @ 6PM

ADDITIONAL INFO

Info@bu-ny.BACAworld.org

716.222.2858

BIKERS AGAINST CHILD ABUSE®



**Follow the Lamm Post
on Face Book**

George F. Lamm

(American Legion Post)



DIAL 988 then **PRESS 1**

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



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



PATRIOT
SNOWFLOW AND LAWN CARE

Samuel Erb
Owner

11520 Main St Suite #2C
Clarence, NY 14031

Residential & Commercial

- Snowplowing
- Lawn care
- Lawn Maintenance
- Turf repair
- Landscape / Hardscape
- and so much more!

Office: (716) 725-1783

Mobile: (716) 510-9563

Patriotsnowandlawn@gmail.com

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



Activities at other local Legion Posts

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.

Sunday August 23, Frank L. Gierlach Post #1320, 50 Gates Ave., will have a Hot Dog Roast from 9 AM to 1 PM during the Sloan Village Yard Sale. Also holding a basket raffle.

Orchard Park Post #567, 5784 Ellis Rd., Orchard Park, Dinners at the Post are from 4 – 6:30 PM (or until sold out). Monday: Beef on Weck, Tuesday: Tacos: Tacos, choice of beef or chicken, Hard shell or Soft. Wednesday: Chiavetta's Chicken & Ribs BBQ 2 – 6 PM, Thursday: Pasta Night! Comes with Salad, 2 meatballs and garlic bread. Friday: From the Grill. Every 2nd Friday Cruise Nights 5 – 8 PM. Friday 8/1 – Music on the Lawn 6- 9 PM with Swift Kick.

South Buffalo Post #721, 136 Cazenovia St., Buffalo, NY - Summer Cook Outs are back! Weather permitting – Every Monday Thru August 25 - we will be serving hot dogs, hamburgers, cheeseburgers & grilled chicken breast from 5–7 PM. Post # is 716-825-9557.

Newell Faulkner Post #880, 2912 Legion Drive, Eden, NY 14057. Normal Hours: Tues., Wed., & Thurs. 3 to 9 PM, Fri. 11 am to 9 PM & Sat. 11:30 am to 9 PM. DINE - IN OR TAKE OUT, Tuesday Taco Night, Wednesday 10 for \$8.50 Wings special, dine in only, Thursday Steak Night, Friday Fish Fry & Specials, Saturday Pizza & Wings and Sandwiches. www.post880.com

Matthew Glab Post #1477, 1965 Abbott Road, Lackawanna, NY 14218, serving Wed and Friday 2-8 PM, Fish Fry's, Seafood, Burgers and weekly specials, Wednesday 75 cent wings, Taco's \$4.

Francis J. Donovan Post #1626, 3210 Genesee Street, Cheektowaga. Fish Frys and more every Friday from 4 - 8 PM. Live music entertainment every Friday from 7 - 10 PM. Come visit us at the Foxhole Bar!

AMERICAN
LEGION

DISCOUNT PROVIDERS
Your membership discount perks, all in one place.



American
LEGION

POST 622 George F. Lamm ★★

The 2026 Membership drive is in full swing...

Send in your renewal today! Thank You.

Membership Report as of the end of July.

2026 Membership Renewals:

GFLP is at 44%



For the month of July 2025

New Members and Transfers



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

<https://americanlegionpost622.com/membership>

Contact the Post at
gflamm962@gmail.com

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

Sport Zone 716
Cards and Memorabilia



**5319 Transit Rd
Depew NY 14043
716-393-3133**

- Cards
- Memorabilia
- Card Grading
- Submission Services
- Consignment Services
- Case Rentals

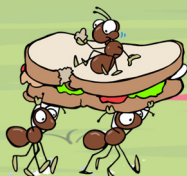
• We Buy, Sell and Trade

[FOLLOW US ON FACEBOOK](#)

SPORT ZONE 716 Cards and Memorabilia

**Reminder: The Lamm Post Family and Friends Potluck
Picnic is Sunday August 10th, 2025.**

**If you did RSVP, we will see you there. Remember
to bring a dish to share. Serving will be from
3 and 4 pm**



A Special Thank You
to one of our sponsors.



2975 Walden Ave, Depew, NY
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 August 9th
Meeting 11 AM
Please Support
Your Post



August 2025

We need
YOU! 

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Grove Jack n Jill Party 1pm-430pm
3 Manor BD Party 2pm-5pm Grove Grad Party 1pm-6pm	4	5	6	7	8	9 Post Members Meeting 11AM Grove Party 12pm- 5pm
10 Post Family Picnic 1PM	11	12 Elevator Meeting Grove	13 Lounge Reunion Party 4pm-9pm	14	15	16 Manor Wedding party 5pm-10pm Grove Grad Party 1pm-6pm
17 Grove Party 12p-4p	18	19	20	21	22	23 BACA Outing Grove 2-930pm Reunion- Manor
24 Party??	25 Grove— Golf Picnic 12noon	26	27	28	29	30
31						

"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

