



GEORGE F. LAMM

POST 622

LAMM LIGHTS Newsletter for January 2026

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

Commanders Message



Commander Phil

Hi Everyone,

I hope this email finds you well and that you had an enjoyable Christmas with your family and friends.

I would like to take this time to wish everyone a very Happy New Year.

I would like to remind you, that we will not be having Membership meetings in the months of January and February. There is not a lot going on in those months that we need to meet about. We will decide if the Exec board will meet based on necessity or not.

Please remember to contact Paul Shea or Chuck, if anyone is available to help us out during the week of the 12th of January for the Home Depot event. The Home Depot Team associates will be doing work in the manor hall and we need to be here to support them. Please see the article in this newsletter for dates and times.

Take care for now and I hope that you have a great holiday season with your family and friends.

For God and Country

Commander Phil

2026



Auxiliary News



Happy New Year everyone! Hope you had a wonderful Holiday season!

Just a reminder – we will NOT be meeting in January. Hopefully the weather will cooperate and we can resume our meetings in February

The dinner for the Department Leadership visitation to Erie County will be held at the George F. Lamm Post on Friday February 13. We will need help with setting up, clean up and supplying appetizers. Anything you can do would be greatly appreciated. Please let me know either by text (716-480-9962) or email dadiebold2002@yahoo.com. what you can do,

We are still collecting NEW baby items for the County Auxiliary Baby Shower and NEW warm winter items – male and female- for the VA Hospital. They can be dropped off at the Post or we can arrange for them to be picked up.

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

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	Judy Laurenzi	716-510-1680
Treasurer	Sharon Huber	716-901-1092
Chaplain	Lynne Nowak	716-361-0772
Sgt-At-Arms	Debbie Kennedy	716-830-8281



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 November.

2026 Membership Renewals:

GFLP is at 82%

Please renew today if you haven't already.

33 Members have not sent in their renewal payments for 2026



For the month of December 2025

New Members and Transfers



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>



Post Christmas Party 2025



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.



406 Connecticut St. Buffalo, NY 14213
(716) 884-7431 Fax: 881-9578
ashlandpest@hotmail.com
Serving Western New York for over 40 years



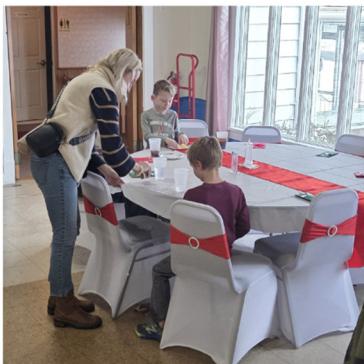
Contact the Post at

gflamm962@gmail.com

**Call Bob For
Your Next Event Or
Fundraiser**

NOTE FROM AUXILIARY

On behalf of the Auxiliary, I want to thank the legion members for allowing us to hold our basket raffle during the Christmas Party. Without this raffle, we would not have been able to sponsor a candidate for Girls State for 2026. I would also like to thank all who donated a basket and helped out. A big thanks to all the businesses who donated including: Russells, Cracker Barrell, McDuffie's, Danny's Airport, Watson's Chocolate, Olive Garden, Italian Prime at Salvatore's, and Aura. THANK YOU ALL!



Bear's Pre-Superbowl tailgating

MEAT RAFFLE

SATURDAY JANUARY 24, 2026

GEORGE LAMM POST
962 WEHRLE DR.
WILLIAMSVILLE, NY 14221
DOORS OPEN AT 5:00PM

First Spin @6pm

WEAR YOUR FAVORITE TEAM ATTIRE

ALL PROCEEDS BENEFITTING BEAR'S JOURNEY AND ONGOING TREATMENT

PLEASE BRING YOUR OWN FOOD. DONATION INCLUDES UNLIMITED SODA

RAFFLES! PRIZES! FUN! COMMUNITY! HOPE

PLEASE BRING SINGLES!!!

TICKET INFO:

FOR TICKETS & TABLE RESERVATIONS, PLEASE CONTACT
LEAH WHITE (716)536-6668
LATONYA "DIVA" GRANBERRY
(716) 228-9448

LET'S COME TOGETHER AS A COMMUNITY TO SHOW SUPPORT

DONATION \$15



To All George F. Lamm Post Members, Family and Friends



The Home Depot Foundation is providing a grant to The George F. Lamm Post, to paint and enhance the Main Manor Hall area.

We will be working with Team Depot associates which will be doing the majority of the labor for this project. They will need some of our assistance throughout this improvement process.

Lamm Post will need volunteers to help move and breakdown the areas that Team Depot will be working in. Along with that, Lamm Post volunteers will be needed to be here and assist as needed throughout the projects time frame.

- **Monday January 12th, 2026**
Breakdown and move items in area of work to be done. 10 AM– 1 PM
On January 12th, if we do not get enough help, than we may need a 6 PM to 8 PM shift.
- **Tuesday January 13th, 2026 to possibly Thursday January 15th. 8 AM to 4 PM**
- **Friday 1/16th, 2026**
Replace items that were moved ,etc. 10 AM to 2 PM

Email: georgeflammpost622@gmail.com or call Paul Shea at [716-906-9257](tel:716-906-9257) and let us know when you can help out with this project.

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.

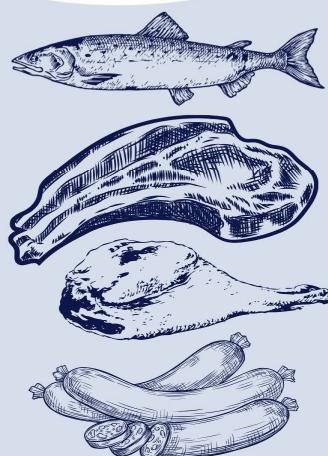
CALL BOB AT 716-335-4881



WNY DELTA WATERFOWL MEAT RAFFLE

SUPPORTING LOCAL WATERFOWL HABITAT PROJECTS

JANUARY 31, 2026
DOORS 5:00PM
FIRST DRAW 6:00PM



INFORMATION
GEORGE F. LAMM POST
LEGION POST 622
962 WEHRLE DR
WILLIAMSVILLE, NY 14224

BEER, WINE, SODA INCLUDED
PIZZA AVAILABLE FOR PURCHASE
BASKET RAFFLES
50/50 AND DOOR PRIZES

TICKETS
TICKETS: \$15 DONATION
TABLES OF 8: \$100



FOR TICKETS REACH OUT
TO MEMBERS OF WNY
DELTA OR SCAN QR CODE

LIMITED NUMBER OF TIX

PLEASE NOTE NO OUTSIDE BEVERAGES ALLOWED



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



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

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

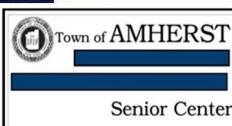
Patriotsnowandlawn@gmail.com



Follow the Lamm Post
on Face Book



George F. Lamm
(American Legion Post)



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



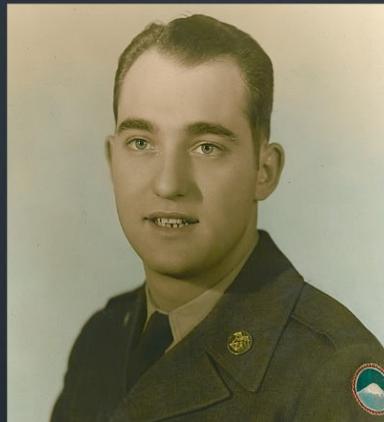


ARE YOU A VETERAN?

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.



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



716-836-6500
www.Amigone.com

George F. Lamm Post

Members Meeting



No meetings in
January or February

The next Meeting will be
Saturday March 14th
Meeting 11 AM

Please Support
Your Post



January 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 	2	3
4	5	6	7	8	9	10
11	12 <i>Home Depot Project Set up 10Am</i>	13 <i>Home Depot Team 8Am</i>	14 <i>Home Depot Team 8Am ?</i>	15	16	17
18	19	20	21	22	23	24 <i>Meat Raffle Open 5PM</i>
25	26	27	28	29	30	31 <i>Meat Raffle open 5 PM</i>

"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

