



## GEORGE F. LAMM

POST 622

**LAMM LIGHTS Newsletter for February 2026**  
**Website: <http://americanlegionpost622.com> 716-204-2516**

### Commanders Message



Commander Phil

Hi everyone, I hope that you are able to be safe and warm during the frigid weather that we have been experiencing. Please be careful not to overdo it and dress in layers. If you need to clean up your yard from all the snow, maybe some of you have family members or friends that could help you out.

I would like to thank our members of the Legion family that came out to work with the Home Depot crew during all the renovations. The Manor and bar area look absolutely beautiful with all the new paint, color schemes and new curtains. I would especially like to thank Chuck Herschlag and Paul Shea for all their hard work, from making all of the arrangements to obtain the Grant from Home Depot, working with their team leader, obtaining all of the supplies needed for the job and preparing the Manor and bar area for the renovations. That was no easy task and it is greatly appreciated.

I would like to remind you that we will not be having our Membership meeting in February. There is not a lot that goes on during the winter months that we need to inform you about. The Executive board meeting will be on an as needed basis. There will be a few Meat Raffles in February, if you would like to attend them please check the calendar for dates and times.

For God and Country

Commander Phil



### Auxiliary News

Hope everyone is staying warm and safe during our Buffalo winter!! Please know that if you need any help with anything, we will do everything within our power to help. Just reach out!

Just a reminder about the Department Leadership visitation and Dinner 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](mailto: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.

Our next Auxiliary meeting will be Saturday February 14 at 11am. Please plan to attend if you are able.

Stay safe and warm ! Only 52 days till Spring!!!

Debbie Diebold

President, George F. Lamm Auxiliary





**American  
LEGION**

**POST 622** *George F. Lamm* ★★

**29 Members have not sent in their renewal  
payments for 2026**

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

**2026 Membership Renewals:**

**GFLP is at 85%**

**Please renew today if you haven't already.**



**For the month of January 2026**

**New Members and Transfers**

### 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 2026

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

### AUXILIARY OFFICERS 2026

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



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>

# George F. Lamm Post



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



Contact the Post at  
[gflamm962@gmail.com](mailto:gflamm962@gmail.com)

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



**PATRIOT**

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Owner

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

[Patriotsnowandlawn@gmail.com](mailto:Patriotsnowandlawn@gmail.com)



## The UPS Store Cheektowaga

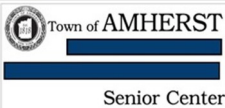
3843 Union Road Ste 15  
Cheektowaga NY 14225  
716-686-0257

Email:  
[store3671@theupsstore.com](mailto:store3671@theupsstore.com)

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



**THE HOME DEPOT**



**AMHERST SENIOR CENTER**  
370 John James Audubon Parkway  
Amherst, NY 14228  
716-636-3050

Senior Center

## 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

**ROTARY CLUB OF  
WILLIAMSVILLE**  
A Century of Dedicated  
Service to the Community  
★ ★ ★  
Eagle House Restaurant  
5578 Main Street  
Williamsville, New York  
Join Us  
1<sup>st</sup> & 3<sup>rd</sup> Wednesdays @ 6:00 PM  
[wojtowiczr@aol.com](mailto:wojtowiczr@aol.com) [willamsvillerotaryclub.org](http://willamsvillerotaryclub.org)

## Randall Agency Inc.

INSURANCE



Jennifer L. Bucki  
Licensed Agent

Ph: (716) 992-3488  
Fax: (716) 992-9398

[jbucki@randallagency.com](mailto:jbucki@randallagency.com)

8584 S. Main Street • Eden, NY 14057





# Thank you Lamm Post 622!!!



We had such a great time helping out with beautifying your halls! Thank you for giving us the chance and putting your trust in The Home Depot to be able to do these projects for you. We greatly appreciated those of you that were able to help out with making this project a success! It was wonderful to meet so many of you and see this transformation take place. We look forward to working with you all in the future on another project!



Love,  
The Clarence Home Depot #1230

Megan Frawley · Anjula Weherawattthage · Meaghan Murray  
Alex Rodriguez · Elena Marshall · Nate Wojinski · Josh Daigler  
Mark Mungovan · Randy Vanvolkinburg · Dave Fiebelkorn  
Norm Weiler · Joe Battaglia · Ken Moores







# The George F. Lamm Post

## Home Depot Foundation Grant



In September of 2025, the Lamm Post was informed of an opportunity to apply for a grant from the Home Depot Foundation that could be used to make improvements to our Legion post that would benefit our members and veterans. While there were numerous projects that were looked at, it was determined that the focus be placed on our main Manor Hall area.

Recently, on January 13th, 2026, the Team Depot, The Home Depot's associate volunteer force, came to our Post and worked for two days painting and replacing ceiling tiles on our main level of the Manor Hall and upstairs beverage area. Before painting, the Team taped off the areas between the two paint colors and then again to protect the floors and the freshly painted areas.

In our beverage area for the manor hall, the Team painted the old drop ceiling grid and then proceeded to install the new ceiling tiles.

During the two days, the Lamm Post provided everyone involved, with coffee and doughnuts in the morning and then lunch. One day it was pizza and the next it was sub sandwiches. We had to work around the construction area to get the pop and water from our beverage area.

When all of the work was completed, the Manor Hall looked great, all new paint on the walls, baseboards and trim.

A big **Thank You** goes out to the Home Depot Foundation and the volunteers of Team Depot and the post members that provided the labor.



### 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





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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>



**Follow Us  
On Face Book  
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**



## ASAHI! Supersized MEAT RAFFLE

**SATURDAY  
FEBRUARY 14  
2026**

**DOORS AT 4, FIRST SPIN AT 5!**

**GEORGE F LAMM AMERICAN  
LEGION POST 622**

962 WEHRLE DR.  
WILLIAMSVILLE, NY 14221



PROCEEDS  
BENEFITING  
MASTER  
KHECHEN'S  
MARTIAL ARTS -  
CHEEKTOWAGA



**FREE  
BEER,  
WINE  
& POP**

**TICKET PRICES:**

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\$12 AT THE DOOR  
DISCOUNT FOR MK  
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TABLES PURCHASED**

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716-939-8196  
CAITLYNNE KESTY  
716-698-0904

VENMO: @WNY-MEATRAFFLES

MRS. PLAZZA  
DAOPLAZZA@GMAIL.COM

AT THE SCHOOL DURING PRACTICE

**BASKET RAFFLE  
50/50**

**COOLER OF MEAT - 1 FOR \$10, 3 FOR \$25\*  
BASKET OF BOOZE - 1 FOR \$10, 3 FOR \$25\*  
\*DO NOT HAVE TO BE PRESENT TO WIN  
\*TICKETS AVAILABLE AT THE SCHOOL**





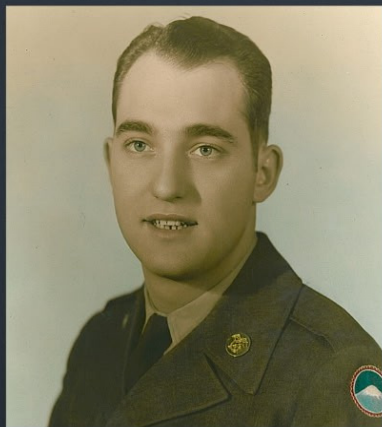


## ARE YOU A VETERAN?

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](http://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**



## February 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 <i>Lounge BD Party 11:30am-3:00pm</i>
8 <i>Lounge Party 5PM</i>	9	10 <i>Elevator Meeting</i>	11	12	13 <i>Dept. Leadership Dinner 5:30 PM</i>	14 <i>Meat Raffle Open 4PM- 1st 5PM</i>
15	16	17	18	19	20	21 <i>Lounge Diaper Party 1-6PM</i>
22 <i>Meat Raffle Open 1 PM- 1st 2PM</i>	23	24	25	26	27	28

"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

