



★ ★ ★ **GEORGE F. LAMM** ★ ★ ★
 POST 622

LAMM LIGHTS Newsletter for March 2026

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

Commanders Message



Commander Phil

Hi Everyone,

It is hard to believe that we are into March already. I hope this message finds you and your family doing good as the winter season continues on. Things have been relatively quiet at the Post for the most part. We held the New York State Department leadership team dinner at the Lamm Post on Friday the 13th of February.

Everything went over great, including the catered food. You would have been extremely proud of the way our Post was presented. It was beautifully decorated for the event with tablecloths, blue table runners, matching lighted centerpieces, chair covers with blue sashes to match.

I would like to remind you that we will be having our Exec board and membership meetings on Saturday, March 14th. The Exec board will be meeting at 10: 00 AM, followed by the Membership meeting at 11:00 AM. I hope to see you there, take care for now.

We are also looking to update our In Memoriam Wall which was not be updated since sometime in 2018. The project entails getting funding to add the eighty plus (80+) names that have not yet been placed into the displays for the Memoriam Wall. If you would like to donate towards this project, please mail in your donations to the Lamm Post and mention it is for the Memoriam Wall. Thank You.

For God and Country

Commander Phil

2026



Auxiliary News

Only 23 days till Spring!!!! And clocks “spring forward” on March 8th. Hope everyone survived our winter. It was a very cold and snowy one.

I want to thank Sharon Hubert and Coraline Esch for their help in setting up for the Department Visitation Dinner; Thersa English and Judy Laurenzi for their help with set up, serving and clean up. We received many compliments both for the decorations and the meal. Without your help, it would not have been such a success.

Our next Auxiliary meeting will be held Saturday March 14 at 11am. Please plan to attend if you are able. We will be discussing a new slate of officers for 2026-2027.

Stay safe and warm !

Debbie Diebold

President, George F. Lamm Auxiliary



American LEGION

POST 622 *George F. Lamm* ★★

17 Members have not sent in their renewal payments for 2026

Membership Report as of the end of February.

2026 Membership Renewals:

GFLP is at 90%

Please renew today if you haven't already.



For the month of February 2026

New Members and Transfers

Robert Griffin

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



THE AMERICAN LEGION
VETERANS
STRENGTHENING AMERICA

LEARN HOW YOU CAN HELP
legion.org



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.

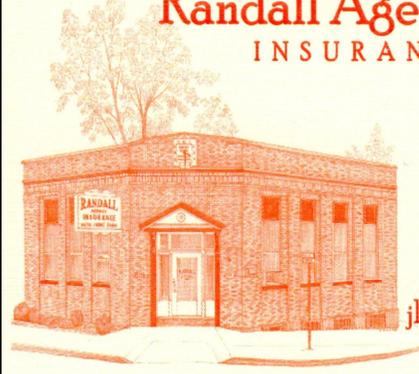
Contact: Tom Petrie, President
Buffalo Niagara Honor Flight
716-473-8465

<https://buffaloniagarahonorflight.org>

Contact the Post at
gflamm962@gmail.com

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

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



 **Veterans
Crisis Line**
DIAL 988 then **PRESS 1**

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



**ROTARY CLUB OF
WILLIAMSVILLE**
A Century of Dedicated
Service to the Community
— ★ ★ ★ —
Eagle House Restaurant
5578 Main Street
Williamsville, New York
Join Us
1st & 3rd Wednesdays @ 6:00 PM



wojtowiczr@aol.com williamsvillerotaryclub.org



The In Memoriam Wall that expands into the other section of the Lamm Post Manor Hall, is outdated going back to 2018.

We would like to update and include over 85 Post Members who have passed with their names and dates of passing.

We are asking for Donations to achieve this project. Please send your Donation to the Lamm Post marked for Memoriam Wall. Thank You



Finger Lakes NAVHDA

Meat RAFFLE

SATURDAY

MARCH
21
2026

DOORS: 5:00PM
FIRST PULL: 6:00PM

Come out and have some fun and support the Finger Lakes NAVHDA youth program!

TICKETS

\$15 Single
\$100 Table of 8
For Tickets Call/Text
Ashley Romanowski,
716-861-6225



GEORGE F. LAMM POST

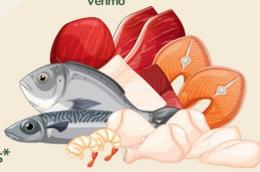
Legion Post 622
962 Wehrle Dr.
Williamsville, NY 14224



Finger Lakes NAVHDA
Venmo

MORE INFORMATION

Beer, Wine, Soda Included
Pizza available for purchase
Basket Raffles
50/50 and Door Prizes!



Please no outside beverages

George F. Lamm Post

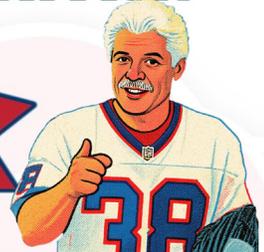


More Meat Raffle Information

on the Post Website

www.americanlegionpost622.com

BECOME A FUNDRAISING PARTNER OF THE BUFFALO BILLS ALUMNI FOUNDATION



HERE'S WHAT YOU GET!

- Priority Invitations to all Alumni Events
- Official Alumni Foundation "Associate Member" T-Shirt
- FREE VIP Upgrade with purchase of General Admission ticket
- Associate Member Holiday Party in December Location TBD
- Quarterly Newsletter, Year in Review Video and Honorable Mention on Our Website



JOIN THE TEAM

SUPPORT THE LEGACY

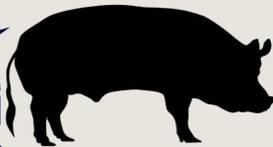
Scan the QR Code to become an Associate Member



Thank you for considering becoming part of our team!
Jeff Nixon, President - Buffalo Bills Alumni Foundation

<https://buffalobillsalumni.com>

FASTPITCH
LIGHTNING
SOFTBALL



14 U BROOKS/FOX

MEAT RAFFLE

SATURDAY MARCH 7TH 2026

DOORS OPEN AT 5PM FIRST SPIN AT 6PM

TICKETS: \$15

BEER AND POP INCLUDED BRING YOUR OWN
SNACKS AND A COOLER

GEORGE F. LAMM POST
962 WEHRLE DRIVE
WILLIAMSVILLE NY 14221



50/50, BASKET RAFFLE AND MORE !!



PATRIOT
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Patriotsnowandlawn@gmail.com

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- Lawn Maintenance
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MEAT RAFFLE

**WILLIAMSVILLE
NORTH
Lacrosse**

**Friday,
March 6th**

Doors open at 6 PM
First Pull at 7 PM

George F. Lamm American Legion Post 622
962 Wehrle Dr - Williamsville, NY 14221

\$15 Individual Ticket | \$100 for table of 8

Admission includes
Beer, Pop and Water

SNACKS AND COOLERS
FOR YOUR WINNINGS ARE
ENCOURAGED

Scan the QR Code for Tickets
or Venmo @spartanslax

Write the Lacrosse Player's Name in the
description. Tables are assigned by name.

**BASKET RAFFLE
BIG TICKET ITEMS
50/50 & MORE!**

**TO VOLUNTEER OR DONATE BASKETS, CONTACT:
WILLNORTHLAXBOOSTERS@GMAIL.COM**

venmo

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

"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**

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.

**NEW YORK
PEST MANAGEMENT
ASSOCIATION**
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**APC ASHLAND
PEST
CONTROL**

"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

NPMA
National Pest Management Association

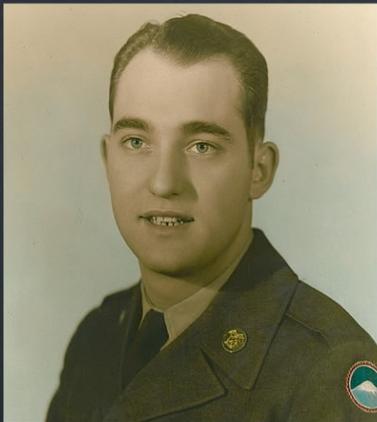


ARE YOU A VETERAN?

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.

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<https://americanlegionpost622.com/membership>



Follow the Lamm Post
on Face Book



George F. Lamm

(American Legion Post)



Golf League is up and running!



Everyone is Invited
to Join



Call Ken for
more information

716-481-4678



George F. Lamm Post
 Members Meeting
The next Meeting will be
Saturday March 14th
Meeting 11 AM
 Please Support
 Your Post



March 2026




Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 <i>Meat Raffle 4pm 1st 7pm</i>	7 <i>Meat Raffle 4pm- 1st 6PM</i>
8	9	10	11	12	13	14 <i>Members Meeting 11AM Manor Wedding 5-11PM Lounge party 5-11pm</i>
15 <i>Lounge BD-Party 1-4pm</i>	16	17 <i>St. Patrick's Day</i>	18	19	20	21 <i>Meat Raffle 5PM- 1st 6PM</i>
22	23	24	25	26	27	28 <i>Manor Eagle Ceremony 4PM</i>
29	30	31				



**The UPS Store
 Cheektowaga**

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

Email:
store3671@theupsstore.com

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