



GEORGE F. LAMM

POST 622

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

Commanders Message



Commander Phil

I would like to wish everyone a Happy Spring hopefully with a lot of sunshine once the cold, windy days work their way out of here. I would like to remind you that our next day for meetings will be Saturday April 11th. The Executive board is scheduled for 10:00 AM with the Membership meeting at 11: 00 AM.

2026

I would like to thank everyone who has been working on updating the names of the deceased members board. It is not an easy task and I appreciate all the work that you have put into it. I would also like to thank those of you that have made donations towards our Memorial board . Yes, we could use more donations towards this project. Without your help updating our board with the name of our deceased members and providing name plates would not be possible.

Take care for now
For God and Country
Commander Phil



The George F. Lamm Post receives investment funding.

Erie County Legislator Jeanne Vinal is happy to announce a \$3,000 investment to support the Lamm Post and the important role it continues to play in the community. The funding will help the Lamm Post continue its good work in bringing veterans and neighbor's together and supporting local initiatives.

“Posts like the Lamm Post are the heart of our community,” said Erie County Legislator Jeanne Vinal. “They are places where veterans find friendship and stories can be shared, as well as places where community can gather. It's truly and honor to be able to support an organization that does so much and means so much to people in our community,” said Legislator Vinal. The \$3,000 investment will help the post continue bringing people together for meetings, dinners, fundraising, family events and celebrations.

The Lamm post plays an important role here in Williamsville, because, outside of the events for the community, they also provide an important place for veterans to have a place of belonging and understanding. That sense of camaraderie helps reduce isolation and reminds veterans they are not alone. Legislator Vinal added: “I’m grateful for everything they do, and proud that Erie County can play a small role in supporting their mission. I want to ensure that the service and sacrifice of our veterans are never forgotten.”



American LEGION

POST 622 *George F. Lamm* ★★

16 Members have not sent in their renewal payments for 2026

Membership Report as of the end of March.

2026 Membership Renewals:

GFLP is at 91%

Please renew today if you haven't already.



For the month of March 2026

**New Members and Transfers
Dennis Caruana**

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 Family went to the Buffalos Variety Club Telethon and made a donation to the organization. Included in the amount of the check presented were the proceeds from the Oktoberfest party that was hosted and held at the George F. Lamm Post.

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



DIAL 988 then **PRESS 1**

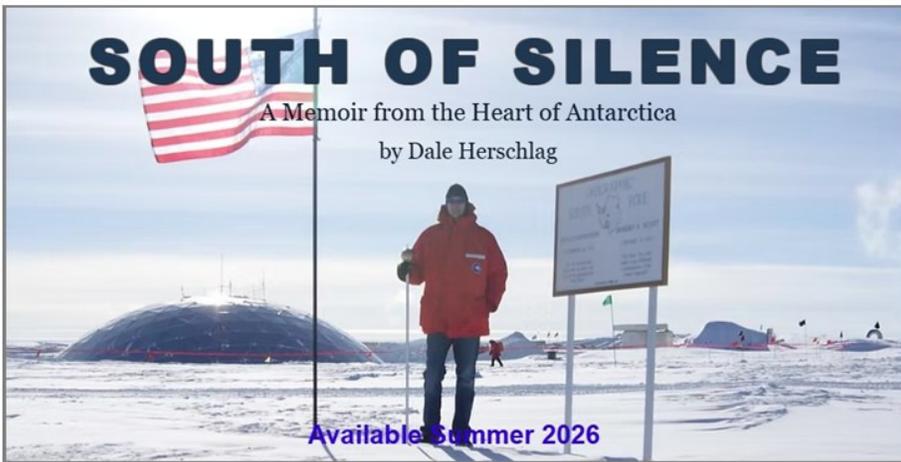
If you're in crisis, call the new
Veterans Crisis Line number:
Dial 988 then Press 1.

**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

SOUTH OF SILENCE

A Memoir from the Heart of Antarctica
by Dale Herschlag



Available Summer 2026

Dale Herschlag, a Veteran and current member of The George F. Lamm Post recently wrote a book about his experiences while working in Antarctica.

Between 2009 and 2012, he spent nearly three years living and working at the Amundsen-Scott South Pole Station, including two consecutive Antarctic winters. He is one of fewer than 120 people in history to complete back-to-back winter seasons at the bottom of the world. For more information go to: <https://www.southofsilencebook.com>

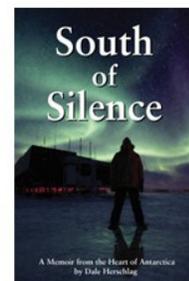


About the Book

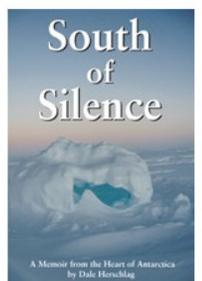
*"Antarctica isn't a destination;
it's a mirror. Whatever you
bring there multiplies."*

What happens when you choose to spend multiple consecutive winters at the most remote place on Earth? *South of Silence* follows my journey to the Amundsen-Scott South Pole Station, where temperatures exceed -100°F, darkness lasts for months, and isolation strips away everything except what is essential.

This isn't a survival story. It is a transformation story. Through humor, raw vulnerability, and unflinching honesty, I explore what happens when silence becomes so profound it reflects everything you've been avoiding. It is a memoir about finding yourself when there's nowhere left to hide.



Coming soon
in Hard Cover
or Paperback



George F. Lamm Post

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PHONE: 716-204-2516

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OUR MAIN MANOR HALL WILL HOLD UP
TO 230 PEOPLE WITH PLENTY OF
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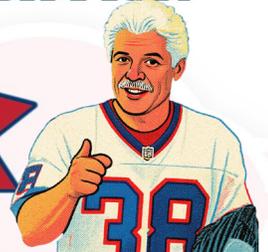
CALL BOB AT 716-335-4881



George F. Lamm Post



BECOME A FUNDRAISING PARTNER OF THE BUFFALO BILLS ALUMNI FOUNDATION



HERE'S WHAT YOU GET!

- Priority Invitations to all Alumni Events
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- 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

Support EIB SkillsUSA Calspan

MEAT RAFFLE

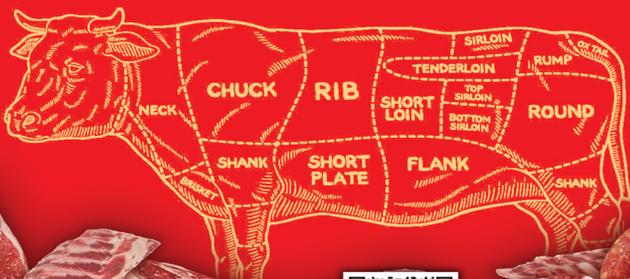
\$15 individual, \$110 for a table of 8

Free soft drinks - snacks welcome

MAY 1ST Doors at 6pm
1st draw 7pm

George F. Lamm Post

962 Wehrle Drive Williamsville, NY 14221



Purchase
Tickets



21+



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Owner

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Mobile: (716) 510-9563

11520 Main St Suite #2C
Clarence, NY 14031

PatriotSnowandLawn@gmail.com

Meat Raffle

Saturday April 25th

Doors Open 4 PM - First Spin 5 PM

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

Meat Raffle

Friday April 17th

Doors Open 6 PM - First Spin 7 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



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

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LEGION

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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>



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on Face Book

George F. Lamm

(American Legion Post)



email: gflamm962@gmail.com

ADVERTISE
YOUR
BUSINESS
HERE

Post phone:
716-204-2516

Golf League is up and running!



Everyone is Invited
to Join



Call Ken for
more information

716-481-4678

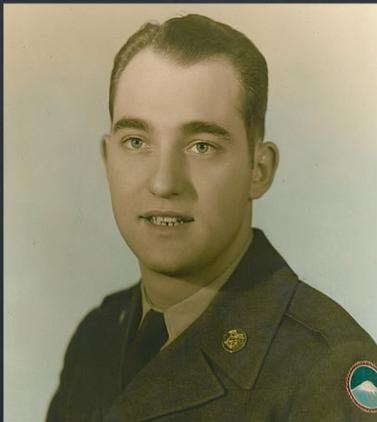


ARE YOU A VETERAN?

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.

Amigone
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www.Amigone.com



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



 **April 2026** 

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5  Easter Sunday 4:15-10:00	6	7	8	9	10 Manor Party 6-11 PM	11 Members Meeting 11AM Banquet Dinner 4-9pm Manor Lounge Party 4-9pm
12	13 Lounge—Golf 7pm	14	15	16	17 Meat Raffle Manor Open 6pm 1st 7pm	18 Lounge BD Party 3-6PM
19	20	21	22	23	24 Banquet Lounge 7-11PM	25 Meat Raffle Open 4pm-1st5pm BD Lounge 11am-6PM
26	27	28	29	30		

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
The Voice



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NPMA
National Pest Management Association





