



GEORGE F. LAMM

POST 622

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

George F. Lamm Post 622



FAMILY AND FRIENDS POTLUCK PICNIC

SUNDAY SEPTEMBER 13TH 2026 **RSVP**

Save the Date

1PM to 4PM

Main Meats will be Provided



**DRAFT BEER AND
POP PROVIDED**



RSVP TO THERESA OR PHIL
716-994-3855
OR EMAIL YOUR RSVP TO:
GEORGEFLAMMPOST622@GMAIL.COM



RSVP BY THE SEPTEMBER 5TH



Commanders Message

2026

Hi everyone, I hope that you are well and enjoying your summer. Boy the days are flying by, it is hard to believe that it is August already. I would like to remind you that our Exec. Board meeting will be Saturday, the 8th at 10 AM with Membership at 11 AM.

I am glad to announce that we will be having a Lamm Post Legion Baseball picnic. This will be for the players, the coaches and their families. This is in appreciation for all their efforts for representing our Post this year.

Lastly, I would like to remind you about our Post Family picnic that will be on Sunday September 13th. Hope to see you there. Bring a Dish to share and please RSVP by September 5th.

For God and Country

Commander Phil



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

Rick Herrmann		716-243-5348
David Shia		716-907-2329
Duane Swirgos		716-830-0435

AUXILIARY OFFICERS 2026-2027

President	Debbie Diebold	716-836-9617
1st Vice	Judy Laurenzi	716-510-1680
Secretary	Judy Laurenzi	716-510-1680
Treasurer	Sharon Huber	716-901-1092
Chaplain	Sophie Kephart	716-574-0792
Sgt-At-Arms	Debbie Kennedy	716-830-8281

Veterans Day at the 2026 Erie County Fair is on Sunday, August 16, 2026.

Veterans Day at the Erie County Fair offers free admission for veterans, active military, and auxiliary members with proper ID, and each eligible attendee receives a \$10 voucher to use toward food, beverages, or rides on the Strates Shows Midway, valid only on this day. Special programming includes a Veterans Mass at noon in the Family Entertainment Complex and a Veterans Recognition and Enlistment Ceremony at 1:30 p.m. in the infield of the Buffalo News Grandstand. Additionally, the military corridor near Gate 4 features displays and engagement from the U.S. Army, New York Army National Guard, and U.S. Marine Corps.

This day is part of the 12-day fair running from August 6–17, 2026, which includes live entertainment, rides, games, and food vendors. Veterans Day provides a dedicated opportunity to honor service members while enjoying the fair's attractions.

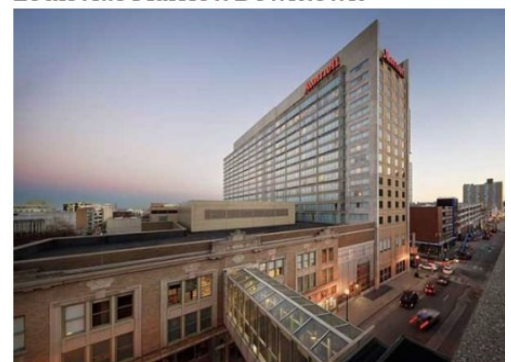
National Convention



The American Legion will hold its 107th National Convention in Louisville, Kentucky – August 28 – Sept. 3, 2026.

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.

Department of NY Hotel:
Louisville Marriott Downtown





The Meat Raffle Squad

MEAT RAFFLE

BENEFIT FOR ED SAYLES MEDICAL EXPENSES

- Win premium cuts of fresh meat
- Multiple rounds – more chances to win
- Fun for friends, families & the whole community

Tickets \$15ea.

**SATURDAY
AUGUST
15TH**

George F Lamm Pos
962 Wehrle Drive
Doors Open @ 5:00P
First Spin @ 6:00PM

WIN: 50/50, Basket Raffles, TV, BBQ Grill & More

**CONTACT: DEMETRIA
716-342-4039**

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.

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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>



email:
gflamm962@gmail.com



**ADVERTISE
YOUR
BUSINESS
HERE**

Post phone:
716-204-2516



George F. Lamm
(American Legion Post)

Follow Us On Face Book George F. Lamm

PINK LADIES
ENTERPRISES

COLON CANCER MEAT RAFFLE BENEFIT

FOR
NICHELLE GRAY

ALL MONEY RAISED WILL HELP COVER MEDICAL EXPENSES!



Nichelle was diagnosed with Stage 4 Colon Cancer after an ER visit. Since that day, she has put her TRUST IN HIM. She has battled blood infections and multiple surgeries while maintaining her faith, smile and positivity throughout this journey which hindered her ability to work. Her medical costs recently have risen significantly. Help us show Nichelle and her 3 amazing children love and support!

For more info or donations, contact:
grayareofsavings@gmail.com

SAT, AUG 22ND, 2026

GEORGE F. LAMM POST 622
962 WEHRLE DRIVE
WILLIAMSVILLE, NY 14221

DOORS OPEN @ 6PM
FIRST SPIN @ 7PM

TICKETS \$20 PER PERSON
\$120 TABLE OF 8

BRING YOUR OWN
FOOD/SNACKS AND A COOLER
FOR YOUR MEAT WINNINGS!

BRING PLENTY OF \$1 BILLS.

WINE AND SOFT DRINKS
INCLUDED

50/50 & BASKET RAFFLES!



Purchase Tickets
<https://nichellestestimony.eventbrite.com>



2nd Annual

Meat Raffle



Saturday

October 10th, 2026

Doors open at 1 PM

1st Draw is at 2 PM



- Beer and Pop Included
- Free Autographs & Photos
- 50/50 Raffle
- Basket Raffle
- Door Prizes
- Plenty of Parking
- Go Bills!

- Snacks & Coolers Encouraged
- Meet & Great Buffalo Bills Alumni
- NO OUTSIDE ALCOHOL ALLOWED
- Buffalo Bills Themed—Wear Your Gear

SPECIAL GUEST MC The George F. Lamm Post
962 Wehrle Dr, Williamsville, NY 14221



Don Rocco
Marketing - Storm Team 2
2WGRZ
ON YOUR SIDE



TICKETS
\$20 EACH
TABLE OF 8 FOR
\$140

For Tickets go to: <https://www.zeffy.com/en-US/ticketing/2nd-annual-meat-raffle> or scan the QR code. No fees when you decline the Zeffy donation add on.

Tickets \$20 Each or Table of 8 for \$140.

Event Proceeds go to The Buffalo Bills Alumni Foundation for their Charity Work and Donations to Charities.

SPECIAL GUESTS



George F. Lamm Post



More Meat Raffle Information

on the Post Website

www.americanlegionpost622.com

"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

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Cheektowaga NY 14225
716-686-0257

Email:
store3671@theupsstore.com

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Tops Plaza
George Urban &
Union Road



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

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Fax: (716) 992-9398

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Service to the Community

Eagle House Restaurant
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Williamsville, New York

Join Us

1st & 3rd Wednesdays @ 6:00 PM



wojtowiczr@aol.com

williamsvillerotaryclub.org



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



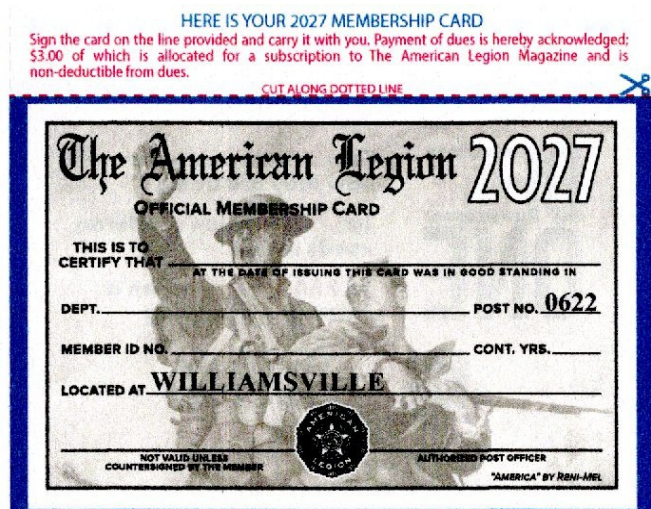
DIAL 988 then **PRESS 1**

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



LEARN HOW YOU CAN HELP
legion.org

The 2027 American Legion Membership Renewal has Started.



Thanks for still serving America.

**Renew Early and help the
American Legion reduce costs for
printing and mailing out multiply
renewal notices.**

**Over 65 Members of the George F. Lamm Post have already
renewed. Please join them and send in your**

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 :**

georgeflammpost622@gmail.com

SOUTH OF SILENCE

*A Memoir from the Heart of
Antarctica*

Dale Herschlag A George F. Lamm Post Member



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>

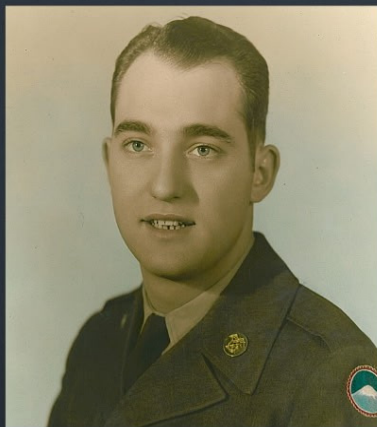


ARE YOU A VETERAN?

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.



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

The next Meeting will be
Saturday August 8th
Meeting 11 AM

Please Support
Your Post




August 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
All of the posted Meat Raffles at the George F. Lamm Post are open to the public. More information on some of the raffles can be found on our website, http://americanlegionpost622.com/meat-raffles						1 Meat Raffle Manor 3-7pm
2 Car Show 8am— 3pm	3	4	5	6	7	8 Post Members Meeting 11 Am
9	10	11	12	13	14 Grove BBQ 5:50-8pm	15 Meat Raffle 5-10PM Manor
16 Erie Country Fair Veterans Day	17	18	19 Army Reunion 4-9 PM—Lounge	20	21 Life Line Screen- ing 3-4:30 pm Manor	22 Meat Raffle 6-11pm Manor
23	24	25	26	27	28	29
30	31 Golf Banquet 11am-3pm					



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.



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