



**Staff Sergeant Catherin Lammon
CFC Hero Award**

Staff Sergeant Catherin Lammon's commitment to volunteerism was brilliantly displayed during the 2003 Combined Federal Campaign (CFC). She managed the 50th Operations Group Staff campaign by being enthusiastic and highly interactive while imparting the importance of CFC from her heart and her own experiences. She selflessly dedicated her time and energy to help the 50th Operations Group raise \$70,154.58; over 100 percent of its campaign share. Catherin's leadership and strong desire to help others resulted in her assigned area achieving 80 percent participation rate and raising 102 percent of its contribution goal. The 50th Operations Group Staff received the Gold Unit Award for exceeding 125% of its portion of the Unit Award Benchmark.

Returning to active duty after 12 years in the United States Air Force Reserve, Catherin truly understands what caring is all about. Along with her strong support of the CFC campaign, she is actively involved in the civilian community, and has been for 22 years. Earlier this year, she received the Military Outstanding Volunteer Service Medal for volunteering over 726 hours of unbeatable community involvement. In her hometown of Lexington, South Carolina, she visits a local nursing home spending time with residents singing, playing games and talking about the "good old days." Catherin represented herself and the United States Air Force to the Colorado Springs community while volunteering as a Youth Mentor to an 11-year-old autistic girl. She donated over 300 hours mentoring this child enhancing her learning skills, self-confidence, and self-esteem. Her volunteer efforts and personal contact has influenced the overall life of this local youth. Catherin volunteered 82 hours of her time and energy to work on three major home rebuilding projects. Her involvement in painting the basements of elderly and disabled citizens enhanced the quality of life for three families. She has spent 16 hours volunteering at the Marion House Soup Kitchen to ensure disadvantaged citizens stay well nourished. Catherin epitomizes service before self, and excellence in all she does. Her devotion to helping others inspires those around her and gives hope to so many who are less fortunate.

SSgt Catherin Lammon serves as the Noncommissioned Officer In Charge, Group Information Management at the 50th Operations Group. In this capacity, SSgt Lammon is responsible for providing 24/7 information management support for a 1,300 person operations group in nine time zones. She interprets, amplifies and provides wing and group IM policy guidance across 21 squadrons and detachments.

SSgt Lammon is a key contributor to the mission success of the 50th Space Wing and the United States Air Force. She continually strives to improve herself. Catherin has obtained her Bachelor's Degree in Criminology. She also provides feedback to new Noncommissioned Officers in areas such as how to best motivate and take care of young airmen. Additionally, she remains committed to her peers through her positive attitude and maturity. SSgt Lammon is dedicated to her country, community and the well being of others -- demonstrating why she is a CFC Hero.