



SSgt Catherin Lammon (center), her husband, MSgt. Robert Lammon of the 850th Space Communications Squadron, (left) TSgt Steven M. James Ssgt Lammon's supervisor, (right) and Col. David Ziegler, 50th Operations Group Commander.

White House welcomes Schriever's CFC hero

2nd Lt. Ian Kallenbach
50th Space Wing Public Affairs

"I love people. If there is any way that I can help people, then that's just the way it is," said SSgt. Catherin Lammon who was recently named National Combined Federal Campaign (CFC) Military (Uniformed) Hero.

Sergeant Lammon's own words tell it all. As the 50th Operations Group key worker for the 2003 CFC, she helped raise \$70,154.58, which was 102 percent of the group's contribution goal. For her selfless efforts, Sergeant Lammon was invited to Washington D.C., May 21, 2004, to attend the CFC National Awards Ceremony to be held at the White House in the Eisenhower Executive Office Building. "I'm proud to represent the Air Force [at the CFC Awards Ceremony]," said Sergeant Lammon. "It just brings tears of joy to my eyes knowing all the people we are helping through CFC. It's an honor."

Rarely does one meet a person as passionate about serving others as Sergeant Lammon. In 2003, she received the Military Outstanding Volunteer Service Medal for volunteering over 725 hours to the Colorado Springs community. As part of her volunteer hours, Sergeant Lammon gave over 300 hours to mentoring a local 11-year old autistic girl, enhancing her learning skills, self-confidence and self-esteem. Sergeant Lammon also gave over 80 hours to three rebuilding projects for Colorado Springs' elderly. "The smile on one veteran's face when we went out the door said it all for me," she said. "Any little bit that people can volunteer is huge," said Sergeant Lammon, encouraging folks to get out into the community and give of their time, energy and hearts. "This place (Colorado Springs) has a lot of needs, from the elderly to the children."

Four years ago, after spending 12 years in the Air Force Reserve, Sergeant Lammon took off two stripes to return to active duty. "I took off two stripes to come back to active duty because I want to serve my country. I love the Air Force." Sergeant Lammon has done all of this while modestly saying, "All this stuff comes from my heart." Truly, she exemplifies the Air Force core value, "Service before self."