

VOLUNTEER OF THE WEEK

By Yvette Jones
Appeal-Democrat

- **Name:** Richard O. Sawyer
- **Age:** 59
- **Family:** My wife and a few cats
- **City of residence:** Marysville
- **Occupation:** Retired from the Air Force
- **How long have you lived in the Yuba-Sutter area?** 37 years
- **Hobbies, interests:** I'm an avid scuba diver. I'm one of the highest-rated divers in California, and my volunteer work keeps me busy all the time.
- **For what groups do you volunteer?** Yuba-Sutter Veterans Stand Down, which will be held at the end of August, providing multiple services for homeless vets.

I also volunteer for the Point Man International Ministries. We attend the Memorial Day service at Calvary Christian Center and are available to help veterans who may be dealing with post-traumatic stress disorder.

Also, I volunteer at the Museum of the Forgotten Warriors in Linda, drive vets to various appointments if they don't have anyone else to drive them, and go to



Volunteer of the week Richard Sawyer spends much of his time helping veterans.

Laura Helms/Appeal-Democrat

schools and talk to students about the Vietnam War without going into gruesome detail.

I'm also a member of The Wednesday Night Group of Vietnam Veterans. Whenever we hear of a group of returning soldiers coming into Sacramento, we'll go

down to the airport in our vests that have POW MIA on the back, and hand out our cards and tell them to call us. ... If they know when they see that vest, they know they can talk to us. Also, when a soldier who is deceased returns home, we escort the body to the funeral home and make

sure he is given the last military rites. I am the second vice commander of the Disabled American Veterans Post 9 and I also have color guard honors, so that keeps me pretty busy.

■ **How do you fit it into your schedule?** I make it happen. My wife understands that this is my priority.

■ **Words of advice:** It takes a lot to volunteer. You don't realize how much time you're giving, but if I can help one vet returning from Iraq or Afghanistan, that makes all the difference.

■ **Quote:** "A positive about volunteering is you get to help people. You might forget their face, but they won't forget yours.

A negative would be that when you help these people, you're always thinking in the back of your mind, 'Is he going to follow up? Will he do what we suggested?'"

Volunteer of the Week runs Tuesdays on the Local page. To submit the name of a volunteer to be featured, contact Leticia Gutierrez, Community Editor, at lgutierrez@appeal-democrat.com or call 741-2400.

JULY 2009

VOLUNTEER OF THE WEEK

By Leticia Gutierrez

Appeal-Democrat

- **Name:** Mary Webb
- **Age:** 62
- **Family:** Husband, Austin; stepdaughters, Marilyn and Suzanne
- **City of residence:** Yuba City
- **Occupation:** Retired in 2006 from the Sutter County auditor's office; served eight years in the Air Force
- **How long have you lived in the Yuba-Sutter area?** Since 1969
- **Hobbies, interests:** Enjoy being home
- **For what groups do you volunteer?** AARP/Tax Aide as a tax counselor for three full years. I started getting ready for the program within a month after I retired from the county. This is something I can do and give back to the community. I was an accountant and have a bachelor's degree in accounting.

Beale Air Force Base thrift shop since February 2007, working the consignment counter. My husband, who retired from the Air Force, and I had been putting things on consignment for years; so when I retired, I was asked when I was going to start volunteering for the shop. Museum of the Forgotten Warriors,



Laura Helms, Appeal-Democrat
Volunteer of the week Mary Webb gives time to many groups, including AARP/Tax Aide, Museum of the Forgotten Warriors and Samaritan's Purse Operation Christmas Child.

treasurer and board member. My husband and I donated a lot of stuff from our time in Vietnam to the museum in the late 1980s. I took over the treasurer duties in the first week of January this year. Samaritan's Purse Operation Christmas Child. People are asked to pack gift boxes

for needy children in Third World countries in this international program — I'm already shopping for my ninth year of doing the project. Last year, I packed 376 boxes with school supplies, clothing, toiletries and fun items along with a personal letter and picture from me. The children also get

a gospel booklet. Children have written back to me and my husband from the Philippines, Rwanda, Guyana, Bangladesh and Mexico.

I had volunteering projects already planned before retiring. I will volunteer as long as I'm strong enough to continue to volunteer.

■ **How do you fit it into your schedule?** I'm working with some project every day. Things such as dusting the furniture at home are not as important anymore.

■ **Words of advice:** There's an endless number of places to volunteer, available to people with a wide range of interests and skills. Volunteering gives a person a chance to meet new people, have fun, make a contribution and learn.

■ **Quote:** Before retiring, "You've got to have all your ducks in a row and know what you are going to do with your days. You can't just go to church on Sundays. ... You've got to get involved."

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June 25, 2009

VOLUNTEER OF THE WEEK

By Leticia Gutierrez

Appeal-Democrat

- **Name:** Tony Pinto
- **Age:** 62
- **Family:** Wife, Sally
- **City of residence:** Live Oak
- **Occupation:** Retired in 1999
- **How long have you lived in the Yuba-Sutter area?** Since 1996, moving here from Sacramento
- **Hobbies, interests:** Karaoke, HO Scale trains and the Museum of the Forgotten Warriors

■ **For what groups do you volunteer?** Museum of the Forgotten Warriors in Linda for the past 28 years and on its board of directors. I became interested while on the Viet Vet House color guard — we came out here to present the colors and then I started coming out here. I got involved because of all the artifacts here — I served with the U.S. Army in Vietnam.
I serve as a docent and help take care of the grounds and the animals.
It's become my home away from home.



Tony Pinto has spent countless hours assisting Vietnam veterans.

Leticia Gutierrez/Appeal-Democrat

I also go to schools around Veterans Day on behalf of the museum to tell students about Vietnam.
In addition, I have also driven veterans to Sacramento for various appointments.

In the past I was a charter member of

the Viet Vet House, an organization to help Viet vets with Post-Traumatic Stress Disorder, their medical records, etc., trying to get everything straightened out. It has since folded.

Also in the past, I was a charter member of the Vietnam Veterans

Motorcycle group in Sacramento. We used to go to memorial functions and helped Viet vets.

I was a docent at the California State Railroad Museum in Sacramento for two or three years; was a coach for Little League when my kids were little; and volunteered my time as a track official at Marysville Raceway Park for five years.

■ **How do you fit it into your schedule?** I'm retired. I spend time with my wife and, if we don't have things to do, I'm at the museum volunteering my time.

■ **Words of advice:** If people are interested in helping people and can give time and advice, I suggest they pursue it. There's always somebody out there who needs help.

■ **Quote:** "I like volunteering. And if I can help some people, that's fine."

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June 23, 2009