

Not to be missed

Moraga Movers Monday, June 8, 4pm social hour; 5pm dinner. Guest speaker, Shari Simon, president of MEF (Moraga Education Foundation) will explain the inter-need of the younger and the older ("Movers and Shakers") for each other in the educational scene. For reservations please call 376-6622 (before 5 pm, June 3.) Place: Soda Center, St. Mary's College, Moraga. \$15 covers dinner (including gratuity and tax), payable at the door.

The 10th Annual Three Quarter Century Club Luncheon will be held June 10th at the Orinda Community Church. All Orinda residents 75yrs old or older are invited to attend the free gala. call John Fazel at 925-324-2017 or e-mail Runmtns@prodigy.net. Seating is limited and reservations are required.

Please submit events to:
calendar@
lamorindaweekly.com

Lafayette Senior Services Events-500 Saint Mary's Rd, Lafayette
A min. \$1 donation at the door would be appreciated.
Call (925)284-5050 to reserve a spot:

Monday, June 1, June 22, 1:30 - 2:30pm
Bi-Monthly Caregiver Support Group with Companion Care. Drop-ins welcome.
Monday, June 29, 10:30am - Noon
Surviving Change You Didn't Ask For. Join bestselling author and executive coach M.J. Ryan for a session on how not to merely survive but thrive in change.
Wednesday June 10, 12:30 - 3:00pm
Tea Dancing with Karen and Michael; \$2 covers refreshments.
Wednesdays, June 3, June 10, June 17, 12:30 - 3:00 PM
Physical Therapist Anne Randolph- Workshop. Please call (925)284-5050 to register.
Thursday June 4, 1:00 -2:30pm
Embracing Aging with Story and Movement
Thursday, June 11, 10:30am - noon
Positive Living Forum-features eminent speakers on a wide range of topics that will stimulate and guide participants towards a more ideal and positive life experience. Drop-ins are welcome.
Friday, June 5, 1:30-2:30pm
Rapturous Fiddling with Mark Shaw. Drop into our "Hot Club" for fiddle music that is passionate and fun. Some of it will reflect European jazz styles of the thirties ala Django Reinhardt and Stephan Grapelli, old time Chicago and New Orleans jazz, and vintage fiddle music tintured with the green of the Irish countryside. Light refreshments will be served
Fridays, June 5 and June 19, 1:00 - 2:30pm
Self-Discovery and Aging - Creative Writing Workshop
Friday, June 26, 11:30am-12:30pm
Art of Balance workshop: learn how to improve your balance and stop worrying about falling. Learn exercises to improve your balance and feel confident walking on any surface.

LAMORINDA Seniors

Woman Marine Corps Vet Shares Story of Service

... continued from page 1



Catherine Sinnott today

Photo Jennifer Wake



Catherine Sinnott stands in her Marine Reserve uniform in 1945
Photo provided

The Marines had a separate training program and facility for female recruits and many of the women Marines, like Sinnott, filled jobs to free up men to enter combat.

Sinnott had been studying nutrition dietetics at Berkeley, so decided to become a cook and spent eight months at Lejeune in the mess hall using cooking pots as big as bathtubs, stirring food with spoons the size of boat oars.

"It was so hot, the sweat from our brows would sizzle when it dripped on the grill while meat was frying," Sinnott said.

According to retired U.S. Marine Corps Reserve Colonel Mary V Stremlow, who wrote "Free a Marine to Fight: Women Marines in World War II," many female recruits had a difficult time adjusting to military life, which began the day after arriving at Lejeune with a 5:45 a.m. reveille.

"Before the war, women were kind of competitors, traditionally not working in teams," Sinnott said. "World War II shocked women out of the traditions. Everyone worked for the war effort."

Upon arrival, Sinnott said they boxed up their civilian clothes and mailed them home. "We marched hard and did lots of calisthenics," she said. "We learned words that were used in the Corps: 'the galley' for the kitchen, 'port-holes' for windows, 'the head' for the bathroom . . . We were taught the Marines were way better than anyone else."

According to Stremlow, when women were allowed into the Marines in 1943, many of the drill instructors (D.I.s) were not happy about having to shape up a bunch of women with a war going on.

By mid-1944, however, Stremlow said open hostility gave way to "some sort of quiet truce and it wasn't long before the women's competence, self-assurance, sharp appearance, and pride won over a good many of their heretofore detractors."

"Most of the men were really nice, but they teased us," Sinnott said. "They would ask funny questions. One guy asked me, 'Do women Marines wear khaki skivvies?' And the D.I.s (and all the training) was very strict."

After her time at Lejeune, Sinnott was sent to Camp Pendleton in California, where she served an additional four and a half months before the end of the war. She then returned to UC Berkeley before transferring to UC Davis, where she earned her bachelor's degree in home economics.

Her family has continued the military tradition Sinnott started 64 years ago. Sinnott's grandson joined the army two weeks before the attacks on the World Trade Center, going on to serve in the wars in Iraq and Afghanistan.

Sinnott currently belongs to the Women Marines Association and continues to meet quarterly with approximately 30 other female World War II veterans who live in the Bay Area.

There are approximately 200,000 women currently on active duty in the United States, according to the U.S. Department of Veteran Affairs. "Women Marines today do almost everything the men do," Sinnott said. "Our boot camp was tough, but theirs is really tough."

Seniors Receive Community Commitment Awards

Submitted by Beryl Anderson, Eldercare Services

Ten senior citizens from Contra Costa County were recipients of the 7th Annual Mary Shockley Memorial Award For Outstanding Service on Tuesday, May 26th. Among the honorees were Wendy

Levich with Lamorinda Transportation, Mary Miller at the Lafayette Senior Center and Yolande Rowe from Moraga Movers who were honored for their work with their peers and communities at the ceremony and luncheon. The event promoting the crucial volunteerism of seniors was held at the Pleasant Hill Community Center and include a keynote speech,

"Building Community through Volunteerism: International Perspectives on Senior Activism and Involvement," delivered by Dr. Mary McCall of Saint Mary's College. The Central Contra Costa County Senior Coalition and Pleasant Hill Senior Center sponsor the annual awards to highlight the vital contributions that senior volunteers make to society.

Excerpts from the nominations:

Wendy Levich, Lamorinda Transportation

Wendy Levich volunteers for the Lamorinda Spirit Van, driving Lafayette seniors on Wednesday errands in Lafayette. When asked how she came to volunteer for us, she said she always like doing a challenging job that others might hesitate to take on and enjoys working with seniors. From our passengers: "About Wendy... Shopping on Wednesday is always fun. We accomplish more than I think possible in such a pleasant and fun way. She is such a delightful person and takes such good care of us. We try not to let her carry everything, but she lugs all of our packages anyway."

Mary Miller, Lafayette Senior Center

In the Lafayette Senior Center, Mary Miller, has exhibited fervor in support of all seniors in a multitude of directions. She has served as a member of the Lafayette Senior Commission for five years, is currently a member of the Lafayette Senior Housing Task Force, the Senior Coalition, and the Contra Costa for Every Generation. She is the Historian for the Friends of the Lafayette Library and the past board member of the Diablo Valley league of Women Voters. We love Mary's Irish twinkle, her tendency to remind us calmly of our core intent when the conversation heats up, and the roll up sleeves attitude she displays however tiring her day has been.

Yolande Rowe, Moraga Movers

Yolande Rowe has been a key member of the Moraga Hacienda Seniors for many years as well as president several times. In 2007 she approved a subcommittee to plan the organization's future. This decision led to a complete revitalization accompanied by a dramatic growth from 200 to well over 350 members. Part of the allure for new members was the name change to Moraga Movers. She is presently the liaison to Saint Mary's College where our monthly lunches and dinners are held. Yolande epitomizes giving and service as she continues her pivotal role.

Independence.

The days since your parents helped you on your way to independence are long gone.

Now you are faced with helping them

FREE In-Home Assessment

- Caring Companionship
- Monitor Food and Diet
- Light Housekeeping
- Errands & Transportation
- Visit Neighbors & Friends
- Attend Events
- Alzheimer's & Dementia Care
- Medication Reminders
- Up to 24-hour Care

Call 925-376-8000

or visit www.seniorhelpers.com



Senior Helpers
Caring In-Home Companions

Licensed, Bonded & Insured
Senior Helpers locations are independently owned and operated.

FREE Special Report From Realtor® Lily Wescott:

How to Sell Your Home In a Buyer's Market

As a community service to benefit area homeowners, Realtor Lily Wescott has put together a special report, entitled "How to Sell Your Home in a Buyer's Market (and Get the Best Price Faster Than Anyone Else Around)". This report is filled with information homeowners need to know to bring out the best in a home and get it marketed to the right audience. "You can't control the prevailing market conditions, but you can make sure your home is marketed to attract the right buyers—critical to getting your home sold quickly, at the best price possible." Before you sell your home in the current market, be sure to get your copy of this **FREE** and informative special report.

Why do some homes languish on the market for months while others seem to attract the right buyers and the right offers?
Read in my **FREE** report.

Lily Wescott

Helping Families Make their Next Move



Call or email Lily at:

925-330-6108

lily@LamorindaHome.com
www.LamorindaHome.com



Come on in, the Water's Fine!



Independent Living in a More Supportive Environment

- Fine dining
- Diverse activity program
- Daily transportation
- Weekly housekeeping
- Kitchens in every apartment
- Linen service included
- Month-to-month rentals
- Assisted living available

Please call for more information, brochure or tour

925.937.1700

800.937.7974

www.byronpark.com

1700 Tice Valley Blvd. ❖ Walnut Creek, CA 94595

"An AF Evans Senior Community"
Lic. #071440784

